

PERSONAL STYLE ASSESSMENT

Directions

1. Read each statement and circle the number along the continuum that best describes what you would *prefer* to do or be. If you have a strong preference, circle a 1 or 5. If it is moderate, circle a 2 or 4. Remember there are no wrong responses.
2. Do NOT answer according to what you feel is expected by a spouse, family member, church leader, or employer.
3. Select the behavior or perspective that would come most naturally to you if you knew there were no restrictions or consequences for your personal expression.
4. When you have completed your Assessment, total your “E” and “O” scores. Plot your results on the graph provided. Notice where you are on the chart.

PERSONAL STYLE ASSESSMENT

How are you ENERGIZED?

- 1. I am more comfortable...**
Doing things for people 1 ← 2 — 3 — 4 → 5 *Being with people*
- 2. When doing a task, I tend to....**
Focus on the goal 1 ← 2 — 3 — 4 → 5 *Focus on relationships*
- 3. I get more excited about....**
Advancing a cause 1 ← 2 — 3 — 4 → 5 *Creating Community*
- 4. I feel I have accomplished something when I've...**
Completed a job 1 ← 2 — 3 — 4 → 5 *Built a relationship*
- 5. It is more important to start a meeting...**
On time 1 ← 2 — 3 — 4 → 5 *When everyone gets there*
- 6. I am more concerned with...**
Meeting a deadline 1 ← 2 — 3 — 4 → 5 *Maintaining a team*
- 7. I place a higher value on...**
Action 1 ← 2 — 3 — 4 → 5 *Communication*

How are you ENERGIZED?

E=

PERSONAL STYLE ASSESSMENT
How are you ORGANIZED?

1. In life, I generally prefer to ...

Be Spontaneous 1 ← 2 — 3 — 4 → 5 *Follow a set plan*

2. I prefer to set guidelines that are...

General 1 ← 2 — 3 — 4 → 5 *Specific*

3. I prefer to ...

Leave my options open 1 ← 2 — 3 — 4 → 5 *Settle things now*

4. I prefer projects that have...

Variety 1 ← 2 — 3 — 4 → 5 *Routine*

5. I like to ...

Play it by ear 1 ← 2 — 3 — 4 → 5 *Stick to a plan*

6. I find routine...

Boring 1 ← 2 — 3 — 4 → 5 *Restful*

7. I accomplish tasks best...

By working it out as I go 1 ← 2 — 3 — 4 → 5 *By following a plan*

How are you ORGANIZED? O=

PERSONAL STYLE ASSESSMENT

Finding Your Preferred Style

Use the graph on the next page:

1. Take the total number from your "O" scale and place an "X" where you find it along the horizontal line (Unstructured/Structured).
2. Take the total number from your "E" scale and place an "X" where you find it along the vertical line (Task-oriented/People-oriented).
3. Along the "E" scale, draw a line across through the "X" you placed there (see example below).
4. Along the "O" scale, draw a line across through the "X" you placed there (see example below).
5. Your Personal Style is indicated at the intersection point where the two lines cross (see example below).



