

# Your Personality: Who Are You?

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- Am I outgoing or shy?
- Am I assertive or passive?
- Am I more critical of myself or others?
- Am I more a center-of-attention person or a behind-the-scenes person?
- Do I seek out excitement or peace and quiet?
- What am I excited about in my life right now?
- Am I more high energy/intense or calm and laid back?
- Do I mind risking looking foolish if I accomplish something in the process?
- Do I like to analyze things to figure out answers or truth?
- Am I fairly flexible and adaptable or do I get anxious without a familiar routine?
- Do I make up my own mind about things or am I heavily influenced by family, friends, the job market, the media?
- Do I prefer to hang out in groups or be on my own or one-on-one with someone?
- What do I like to think about?
- What do I enjoy doing?
- How would I describe myself in a sentence or two?
- How would others (friends, family, employers, coworkers) describe me?