

Worksheet 1: Your personality

Circle all the personality qualities that fit you best. It is important to be honest with this exercise, circling the qualities you actually have, rather than those you'd like to have:

Assertive	Confident
Anxious	Gregarious
Extroverted	Introverted
Energetic	Relaxed
Perfectionistic	Messy
Laid back	Open
Patient	Impatient
Passionate	Ambitious
Competitive	Stubborn
Intolerant	Creative
Adaptable	Mindful
Other:	Other: