

# PERSONAL STYLE QUESTIONNAIRE

## 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 right or 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 and then plot your results on the graph provided. Notice where you are on the chart.

## QUESTIONNAIRE

### *How are you energised?*

*1. I am more comfortable ...*

Doing things for people	1	2	3	4	5	Being with people
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*2. When doing a task, I tend to ...*

Focus on the goal	1	2	3	4	5	Focus on relationships
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*3. I get more excited about ...*

Advancing a cause	1	2	3	4	5	Creating a community
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*4. I feel I have accomplished something when I've ...*

Completed a job	1	2	3	4	5	Built a relationship
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5. *It is more important to start a meeting...*

On time	1	2	3	4	5	When everyone gets there
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6. *I am more concerned with ...*

Meeting a deadline	1	2	3	4	5	Maintaining the team
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7. *I place a higher value on...*

Action	1	2	3	4	5	Communication
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*How are you energised?*

**Total E =**

**How are you organised?**

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

Be spontaneous	1	2	3	4	5	Follow a set plan
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2. *I prefer to set guidelines that are ...*

General	1	2	3	4	5	Specific
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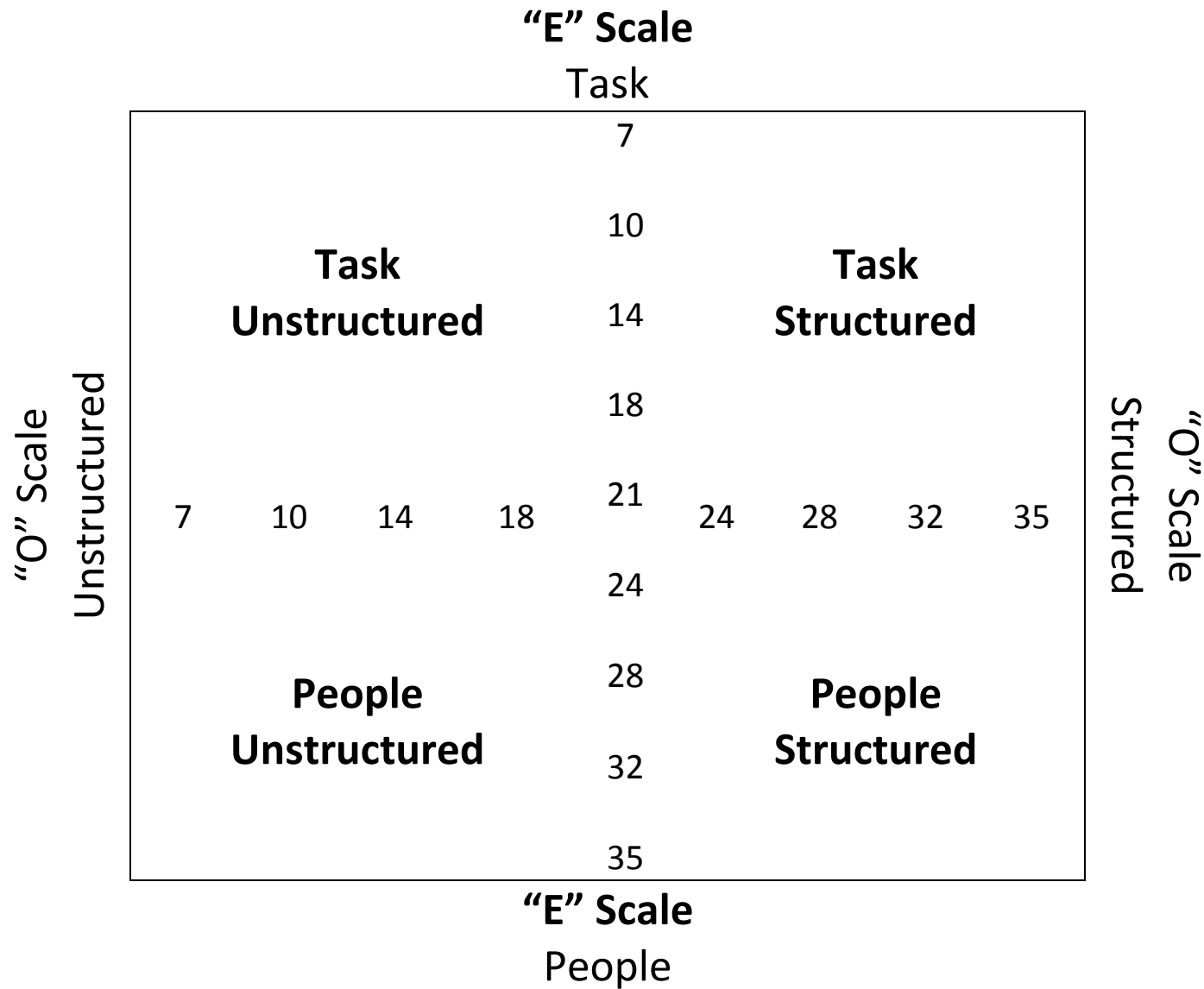
3. *I prefer to...*

Leave my option open	1	2	3	4	5	Settle things now
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4. *I prefer projects that have...*

Variety	1	2	3	4	5	Routine
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Which of the four personal style do you have?

My personal style is \_\_\_\_\_  
 (Task or People) (Structured or Unstructured)