



Sealegs Shapes Personality Style Assessment

1. **One row at a time** rate each of the four terms appearing in the four boxes on each row.

Write the number **4** beside the word **MOST** descriptive of you.

Write the number **1** beside the word **LEAST** descriptive of you.

Write the number **3** beside the word second **most** descriptive of you.

Write the number **2** beside the word third **most** descriptive of you.

It's Important to use **All Four** numbers on each row. As in this **Example**:

3_ Carefree	4_ Determined	1_ Adaptive	2_ Analytical
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A	B	C	D
___ Carefree	___ Determined	___ Adaptive	___ Analytical, Systematic
___ Relational-- people-person	___ Productive	___ Dependent---want others to lead	___ Reflective
___ Idealist---dreamer, beyond facts	___ Optimist---it'll all work out	___ Realist ---give me facts, not dreams	___ Perfectionist
___ Impulsive	___ Domineering	___ Indecisive	___ Skeptical, Inquisitive
___ Approval oriented want others happy	___ Result-oriented	___ Compromising	___ Artistic
___ Undisciplined	___ Insensitive	___ Spectator	___ Rigid
___ Free-Wheeling-- easy-going, flexible	___ Organized	___ Cooperative	___ Creative
___ Emotional	___ Practical	___ Loyal	___ Moody
___ Restless	___ Volatile	___ Stubborn	___ Judgmental
___ Expressive	___ Efficient	___ Conservative	___ Sensitive
____+	____+	____+	____+ = <u>100</u> *

2. After you have rated all ten rows then **Total** each of the columns.

3. Transfer each column total to the appropriate **A,B,C,D** boxes on the **next page**

* Accuracy Check: if the A,B,C,D column totals are correct then the four bottom row numbers will = 100.

