

Temperament: Seven Areas

The goal of this exercise is to further define how you are naturally wired

As you read Chapters 9 and 10 titled *Seven Areas Part 1* and *Seven Areas Part 2*, respectively, select the temperament (or temperaments) in each of the 7 Areas that best define you. It is quite possible that you will only identify with certain parts of the temperament descriptions. If this is the case, write down the words and phrases that directly speak to your behavior.

Area 1: **Openness**

<i>Categories:</i>	Expressive	Reserved
	Choleric	Phlegmatic
	Sanguine	Melancholy

Notes: _____

Area 2: **Recharge**

<i>Categories:</i>	Extroverts	Introverts
	Choleric	Phlegmatic
	Sanguine	Melancholy

Notes: _____

Area 3: Reactions

Categories:

Quick

Slow

Choleric

Phlegmatic

Sanguine

Melancholy

Notes: _____

Area 4: Outlook

Categories:

Optimistic

Pessimistic

Choleric

Phlegmatic

Sanguine

Melancholy

Notes: _____

Area 5: Reflection

Categories:

High Self-esteem

Low Self-esteem

Choleric

Phlegmatic

Sanguine

Melancholy

Notes: _____

Area 6: Emotions

<i>Categories:</i>	Unemotional	Emotional
	Choleric	Sanguine
	Phlegmatic	Melancholy

Notes: _____

Area 7: Duration

<i>Categories:</i>	Slow	Fast
	Choleric	Sanguine
	Melancholy	Phlegmatic

Notes: _____

