SP

- ____ Today must be enjoyed. Tomorrow may never come.
- ____ I feel really alive when I am able to act on my impulses.
- ____ I thrive in a situation where the outcome is not known.
- ____ I need the freedom to test my limits.
- ____ In a crisis I act quickly and use all my abilities.
- ____ I quickly become disinterested when there is no variety in what I am doing.
- ____ Tools fascinate me. I must try them out.
- ____ Friends would consider me as exciting, cheerful, light-hearted & full of fun.
- ____ I am easily bored with the status quo.
- ____ I like to try new things.
- _____ Setbacks are only temporary.
- _____ Waiting for something to happen is torture.
- _____ Life is an adventure.
- ____ I have developed a number of skills because I felt an urge just to keep at it until I had mastered it.
- _____ Having to rehearse or prepare is very frustrating.
- ____ Even at my job, if I enjoy it, I think of it as play.
- ____ I like jobs that have a lot of action in them.
- ____ When any of my relationships, of whatever kind, ends, I can move on rather quickly.
- ____ In Aesop's fable of "The Ant and the Grasshopper" I identify with the playful grasshopper.
- ____ I like making an impression on others.
- _ Total Orange

List your scores

- Score Colour

Rate how each statement applies to you. 4 - Always (85 - 100%), 3 - Usually (50 - 84%), 2 - Sometimes (15 - 49%), 1 - Rarely (1 - 14%), and 0 - Never (0%).

GREEN - ANALYSING - INQUIRING - CURIOUS -

- **RATIONAL NT**
- ____ I like to analyse things to understand how they work.
- ____ It is important for me to feel competent.
- ____ Only I know if I am competent. Others are not really in a position to judge.
 - ____ Acquiring knowledge is very important for me.
- ____ I am my own worst critic.
- ____ I am constantly assessing my abilities.
- ____ My goal is to master all there is to know within my domain of interest.
- ____ I often find that so-called "experts" don't know what they are talking about.
- ___ Even with all my achievements I often feel on the verge of failure.
- ____ Recreation is necessary and has to be scheduled.
- ____ I often believe that others know very little, but I still expect them to live up to my high standard.
- ____ I express myself in terse, compact and logical comments.
- When necessary, I can be logical, ruthless, taking the necessary action required, even when it causes me regret and sorrow.
- ____ I live for my work. Work is play and play is work.
- _____ My constant search is to find out *why*.
- ____ I like to explore ideas.
- I am interested in change for change sake, just to see what will happen.
- ____ The past is dead and gone for me. I look mainly to the future.
- ____ I enjoy figuring out what is happening more than I enjoy participating.
- ____ My need is for power. Power is knowledge, knowing how the physical world works.
- ____ Total Green

Gold - Organizing - Dependable - Responsible -

GUARDIAN - SJ

- ____ To belong to various social groups is important to me.
- I believe that one has to earn this sense of belonging.
- I would much rather be a giver than a taker.
- ____ I have a parental attitude towards the world. I feel responsible to look out for others.
- ____ I can quite accept situations in which I feel bound and obligated.
- I follow a work ethic and feel those who follow a play ethic are neglecting their duties.
- ____ I can easily accept the Boy Scout motto of "Be Prepared" as my own personal motto.
- In Aesop's fable of "The Ant and the Grasshopper" I identify with the industrious ant.
- ____ I tend to put a lot of effort into society's institutions, such as family, church, service clubs and local government.
- _____ When I attend a party, I really want to help the host or hostess in some way.
- ____ I find it easier to save than spend.
- ____ When asked to perform a task, even though I am already very busy, I find it very difficult to say no.
- ____ I feel it is an honour to be elected to some office.
- ____ My heritage is very important to me.
- ____ I find I am resistant to change even when I know it is necessary or inevitable.
- ____ I don't believe that "possession is nine-tenths of the law." If it belongs to someone they should have it back.
- ____ I find it very hard to forgive others unless I feel they are truly sorry for what they have done.
- ____ It is important for me to give a good day's work for a good day's pay.
- ____ When judging most situations, I can easily decide what is right and what is wrong.
- ____ My need is to have status (to know my place in society's various hierarchies.)

BLUE - EMPATHETIC - AUTHENTIC - HARMONIOUS -

IDEALIST - NF

- ____ "Becoming" is more important to me than "belonging."
- I am on a constant search for "self" and since I am not sure what "self" is, I have never quite found it.
- My purpose in life is to have a purpose in life.
- My desire is for self-actualization: to be and become real.
- ____ I find I easily become what others want me to become.
- _____ To think of myself as but a grain of sand on an immense beach fills me with despair. I need to feel unique.
- I must find meaning in the way I use my time and how I enter into relationships.
- ____ I must present myself to others as I truly am. To do otherwise is to lack integrity.
- ____ I am very aware of others' emotions and feelings.
- ____ When I am in a relationship of whatever kind, I can spend immense amounts of effort maintaining it.
- What I do for others, I do not expect them to do the same for me; but I must have some response from them.
- I find it easy to speak and write fluently.
- ____ Any cause I espouse must have meaning for me to stay involved with it.
- ____ I feel I can see potential in everyone and I delight in helping them find it.
- ____ I frequently attend workshops and/or read in an attempt to find "answers."
- "Be real, authentic and meaningful" could well be my motto.
- ____ When I create something, it rarely lives up to my initial vision of it.
- ____ I can be an intellectual butterfly, flitting from idea to idea without really mastering any of them.
- I think of the possibilities of people.
- ____ My need is to be in relationship.
- _____ Total Blue

Total Gold