

A Personality Exercise

The following exercise isn't meant to tell you everything about your personality, but it's a fun look at some of your characteristics and personality traits. It was taken from *It's All in Your Mind*, by Kathleen Butler.

Read each row and place a 4 in the blank next to the word that best describes you. Then place a 3 in the blank for the second word that best describes you. Do the same for the final words using a 2 and a 1. Repeat the process for each row.

COLUMN 1		COLUMN 2		COLUMN 3		COLUMN 4	
Imaginative		Investigative		Realistic		Analytical	
Adaptable		Inquisitive		Organized		Critical	
Relating		Creating		Getting to the point		Debating	
Personal		Adventurous		Practical		Academic	
Flexible		Inventive		Precise		Systematic	
Sharing		Independent		Orderly		Sensible	
Cooperative		Competitive		Perfectionist		Logical	
Sensitive		Risk-taking		Hard-working		Intellectual	
People-person		Problem-solver		Planner		Reader	
Associate		Originate		Memorize		Think through	
Spontaneous		Changer		Wants direction		Judger	
Communicating		Discovering		Cautious		Reasoning	
Caring		Challenging		Practicing		Examining	
Feeling		Experimenting		Doing		Thinking	
Now add up your totals for each column and place the total in the blank below.							
GRAPES	ORANGES	BANANAS	MELONS				

Natural abilities includes:	May have trouble:
Learn best when they:	To expand their style, they need to:

Grapes

Natural abilities include:

- Being reflective.
- Being sensitive.
- Being flexible.
- Being creative.
- Having a preference for working in groups.

Grapes may have trouble:

- Giving exact answers.
- Focusing on one thing at a time.
- Organizing.



Grapes learn best when they:

- Can work and share with others.
- Balance work with play.
- Can communicate.
- Are noncompetitive.

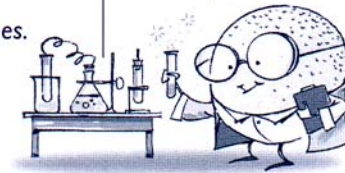
To expand their style, Grapes need to:

- Pay more attention to details.
- Not rush into things.
- Be less emotional when making some decisions.

Oranges

Natural abilities include:

- Experimenting.
- Being independent.
- Being curious.
- Creating different approaches.
- Creating change.



Oranges may have trouble:

- Meeting time limits.
- Following a lecture.
- Having few options.

Oranges learn best when they:

- Can use trial and error.
- Produce real products.
- Can compete.
- Are self-directed.

To expand their style, Oranges need to:

- Delegate responsibility.
- Be more accepting of others' ideas.
- Learn to prioritize.

Bananas

Natural abilities include:

- Planning.
- Fact-finding.
- Organizing.
- Following directions.

Bananas may have trouble:

- Understanding feelings.
- Dealing with opposition.
- Answering "what if" questions.



Bananas learn best when they:

- Have an orderly environment.
- Have specific outcomes.
- Can trust others to do their part.
- Have predictable situations.

To expand their style, Bananas need to:

- Express their own feelings more.
- Get explanations of others' views.
- Be less rigid.

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Melons

Natural abilities include:

- Debating points of view.
- Finding solutions.
- Analyzing ideas.
- Determining value or importance.

Melons may have trouble:

- Working in groups.
- Being criticized.
- Convincing others diplomatically.

Melons learn best when they:

- Have access to resources.
- Can work independently.
- Are respected for intellectual ability.
- Follow traditional methods.

To expand their style, Melons need to:

- Accept imperfection.
- Consider all alternatives.
- Consider others' feelings.

