Personality Mosaic — Circle the numbers of the statements that clearly sound like something you might say, do or think — that feels like you, not who you would like to be.

1. It is important for me to have a strong, agile, body.
2. I need to understand things thoroughly.
3. Music, color, beauty of any kind can really affect my moods.
4. People enrich my life and give it meaning.
5. I have strong confidence in myself that I can make things happen.
6. I want clear directions so I know exactly what to do.
7. I can usually build or fix things myself.
8. I can get absorbed for hours in thinking something out.
9. I like color and design and appreciate beautiful surroundings.
10. I'll spend time finding ways to help people through personal crises.
11. I enjoy competing.
12. I'll spend time getting carefully organized before I start a project.
13. I enjoy making things with my hands.
14. It’s satisfying to explore new ideas.
15. I am always looking for new ways to express my creativity.
16. I value being able to share personal concerns with people.
17. I value good, hard physical work.
18. I take pride in being very careful about all the details of my work.
19. I love to dress in unusual ways, trying out new styles and colors.
20. I enjoy getting people organized and on the move.
21. I’d rather play it safe than be adventurous in making decisions.
22. Sometimes I can sit for long periods of time and work on puzzles or read or just think.
23. I have an amazing imagination.
24. I like to help people develop their talents and abilities.
25. I usually prepare carefully ahead of time if I have to handle a new situation or job.
26. I’d rather be on my own doing practical, hand-on activities.
27. I’m eager to read about any subject that arouses my curiosity.
28. I love to try creative new ideas.
29. If I have a problem with someone, I’ll keep trying to resolve it peacefully.
30. I say what’s on my mind and don’t beat around the bush.
31. I need to analyze a problem pretty thoroughly before I act on it.
32. I get projects started and let others take care of details.
33. Being on time is important to me.
34. I like my work to be an expression of my feelings and values.
35. It’s exciting to take part in important decisions.
36. I like my surroundings to be relatively plain and practical.
37. I need to stay with a problem until I figure out an answer.
38. Close, personal relationships are important to me.
39. Promotion and advancement are very important to me.
40. I look forward to seeing arts shows, plays and good films.
41. I like to find ways to help others.
42. It’s exciting to influence people.
43. When I say I’ll do it, I follow through on every detail.
44. I like to learn everything there is to know on subjects that interest me.
45. I don’t want to be like everyone else; I like doing things differently.
46. When people have a problem I go out of my way to be flexible and caring.
47. I’m willing to take some risks to get ahead.
48. I feel more secure when I follow the rules.
49. The first thing I look for in a car is a well-built engine.
50. I usually know how to take care of things in an emergency.
51. Just reading about new discoveries is exciting.
52. I am a good listener when people talk about themselves.
53. I like to take things apart to see if I can fix them.
54. I like to be careful about spending money.

**Scoring:** Circle your responses again below and add the number of circled responses, 1 – 9 for each column.

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From Coming Alive From Nine to Five, Betty Neville Michelozzi, Mayfield Publishing Co.