

Test your Temperament

For each table circle the words that best describe you. At the bottom of each table record the number of words you circled. Calculate which table you scored highest on and then check which temperament type you are!

Table One	
Persistent	Likes to take charge
Confident	Determined
Firm	Enterprising
Enjoys challenges	Competitive
Problem solver	Productive
Bold	Purposeful
Driven	Adventurous
Strong-willed	Independent
Self-reliant	Controlling
Authoritative	Goal oriented
Total # of words	

Table Two	
Enthusiastic	Risk taker
Visionary	Motivated
Energetic	Chatty
Promoter	Friendly
Sociable	Enjoys being popular
Fun-loving	Likes variety
Spontaneous	Enjoys change
Creative	Group oriented
Optimistic	Initiator
Laughs a lot	inspirational
Total # of words	

Table Three	
Detailed	Accurate
Consistent	Controlled
Reserved	Predictable
Practical	Orderly
Factual	Conscientious
Perfectionist	Discerning
Enjoys instructions	Analytical
Inquisitive	Precise
Persistent	Organised
Sensitive	Deliberate
Total # of words	

Table Four	
Sensitive	Loyal
Calm	Well-balanced
Easy-going	Gives in easily
Avoids confrontation	Indecisive
Enjoys routine	Dislikes change
Warm	Dry humour
Adaptable	Sympathetic
Thoughtful	Nurturing
Patient	Tolerant
Good listener	Peace maker
Total # of words	

Temperament Types

Table One: Choleric Temperament

The Choleric Temperament is sometimes referred to as “the doer” personality. Someone with a choleric temperament is usually goal-oriented and good at making decisions. People with a choleric personality type are very analytical, logical, and determined. Extremely practical and straightforward, choleric people aren’t necessarily particularly social. They dislike small talk and enjoy deep and meaningful conversations.

Strengths: strong and direct

Possible Weaknesses: argumentative and competitive

Table Two: Sanguine Temperament

The Sanguine Temperament is sometimes referred to as “the talker” personality. Someone with a sanguine temperament tends to be lively, sociable, optimistic, cheerful, and carefree. They love adventure and have a high risk tolerance. Typically, Sanguine people are very poor at tolerating boredom and will seek variety and entertainment. They tend to struggle to complete tasks and are chronically late!

Strengths: open and positive

Possible Weaknesses: talks too much and doesn’t follow through on tasks or obligations

Table Three: Melancholic Temperament

The Melancholic Temperament is sometimes referred to as “the thinker” personality. Someone with a melancholic temperament tends to be introverted and thoughtful. They tend to be deep-thinkers who are creative and analytical but who also focus on the negative rather than the positive. Melancholic people are usually tidy, conscientious and highly organised.

Strengths: high standards and prone to creativity

Possible Weaknesses: unrealistic expectations and too concerned with perfection

Table Three: Phlegmatic Temperament

The Phlegmatic Temperament is sometimes referred to as “the watcher” personality. Someone with a phlegmatic temperament tends to be relaxed and quiet. They are generally friendly, sympathetic, easy-going, and tolerant. Phlegmatic people also have a tendency to worry and prefer certainty and stability over change.

Strengths: loyal and accommodating

Possible Weaknesses: indecisive and overly sensitive