

# INDIVIDUAL STYLE

Place a check mark or an “X” next to the response to each question that best describes your normal preference (not how you think you ought to be or how to have to be in certain environments.) At the end, total the number of response in each column.

## Energy Focus:

I usually...	_____ enjoy center stage	_____ shun the spotlight
When my work is interrupted I....	_____ welcome the diversion	_____ get impatient at the distraction
People describe me as...	_____ easy to get to know	_____ quiet and reserved
I develop my ideas through....	_____ discussion	_____ internal thought
I work best....	_____ in a group	_____ independently
I prefer to communicate via...	_____ telephone	_____ email
To “recharge” my batteries I....	_____ go out with friends	_____ spend quiet time alone

TOTAL: \_\_\_\_\_ EXTROVERT \_\_\_\_\_ INTOVERT

An *extrovert* is energized through interaction with others; while an *introvert* is energized through reflection.

## Preferred Environment:

When I am working on a project I...	_____ adapt as I go	_____ plan ahead
I tend to work with ....	_____ spurts of energy	_____ regular, steady energy
When I plan activities, plans are...	_____ penciled in	_____ final
I like....	_____ spontaneity	_____ predictability
I prefer to....	_____ multi-task	_____ work on one project at a time
I prefer decisions that...	_____ are open to discussion	_____ provide closure
I usually dress for....	_____ comfort	_____ appearance

TOTAL: \_\_\_\_\_ FLEXIBLE \_\_\_\_\_ STABLE

Someone who prefers a *flexible* environment likes to adapt as they go and enjoys lots of variety; someone who prefers a *stable* environment likes to plan ahead and enjoys routines.