

Reflection Exercise: My Personality

A. ASSESSING MY PERSONALITY TRAITS

Here is a list of personality traits. It is not exhaustive, but it can help you identify your own personality traits. According to the following scale, rate each personality trait according to its resemblance to you. Choose the rating that best suits your impressions.

☐ 4 A lot like me – ☐ 3 Somewhat like me – ☐ 2 Not much like me – ☐ 1 Not at all like me

4	3	2	1	Achievement oriented	4	3	2	1	Expressive
4	3	2	1	Active	4	3	2	1	Flexible
4	3	2	1	Adventurous	4	3	2	1	Helpful
4	3	2	1	Ambitious	4	3	2	1	Imaginative
4	3	2	1	Analytical	4	3	2	1	Impulsive
4	3	2	1	Assertive	4	3	2	1	Individualistic
4	3	2	1	Autonomous	4	3	2	1	Introverted
4	3	2	1	Calm under pressure	4	3	2	1	Logical
4	3	2	1	Competitive	4	3	2	1	Matter of fact
4	3	2	1	Co-operative	4	3	2	1	Methodical
4	3	2	1	Conforming	4	3	2	1	Nurturing
4	3	2	1	Conscientious	4	3	2	1	Orderly
4	3	2	1	Creative	4	3	2	1	Outgoing
4	3	2	1	Critical	4	3	2	1	Patient
4	3	2	1	Data oriented	4	3	2	1	People oriented
4	3	2	1	Dependent	4	3	2	1	Perfectionist
4	3	2	1	Dominant	4	3	2	1	Persuasive
4	3	2	1	Dramatic	4	3	2	1	Practical
4	3	2	1	Efficient	4	3	2	1	Risk taking
4	3	2	1	Emotional	4	3	2	1	Scholarly
4	3	2	1	Empathic	4	3	2	1	Sociable

B. SUMMARIZING MY PERSONALITY TRAITS

What are the five personality traits that best describe you?