

my personality - HOW I best serve?

Your Personal Style is your 'personality' or 'temperament'. Three truths about Personal Style:

1. Personal Style is God given
2. There is no right or wrong Personal Style. Personal Styles are just different.
3. Personal Style answers the 'How' question: How can I best serve?

Personal Style Assessment

Directions

1. Read each statement and circle the number along the continuum that best describes what you would prefer to do or be. If you have a strong preference, circle a 1 or 5. If it is moderate circle a 2 or 4. Remember, there are no right or wrong responses.
2. Do NOT answer according to what you feel is expected by a spouse, family, member, church leader or employer.
3. Select the behaviour or perspective that would come most naturally to you if you knew there were no restrictions or consequences for your personal expression.
4. When you have completed your Assessment, total your 'E' and 'O' scores. Then plot your results on the graph provided. Notice where you are on the chart.

Personal Style Assessment - How are you ORGANIZED?

1. In life, I generally prefer to...



2. I prefer to set guidelines that are...



3. I prefer to...



4. I prefer projects that have...



5. I like to...



6. I find routine...



7. I accomplish tasks best...



How are you ENERGIZED?

TOTAL: 0 =

Personal Style Assessment - How are you ENERGIZED?

1. I am more comfortable...



2. When doing a task, I tend to...



3. I get more excited about...



4. I feel I have accomplished something when I've...



5. It is more important to start a meeting...



6. I am more concerned with...



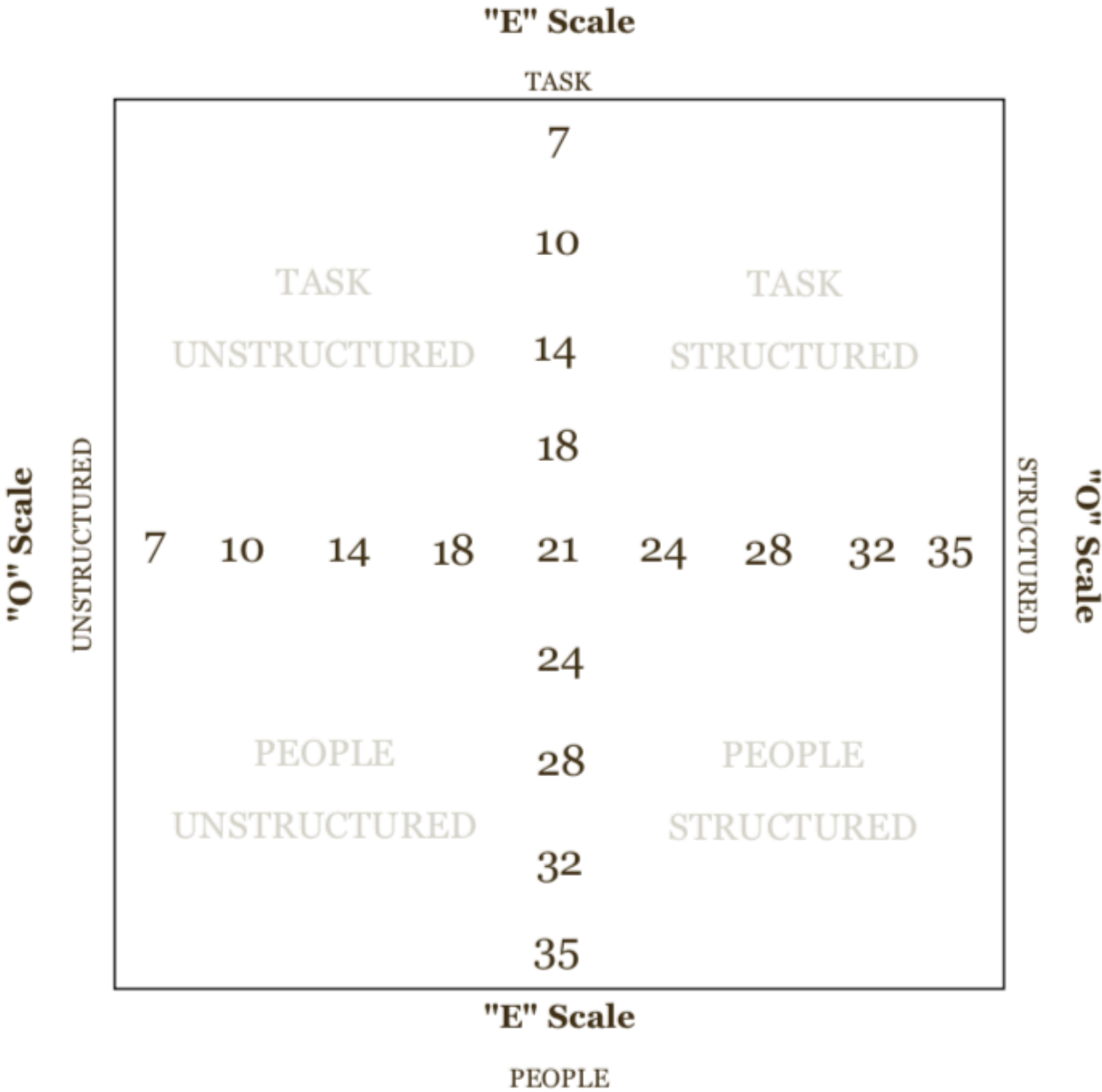
7. I place a higher value on...



How are you ENERGIZED?

TOTAL: E =

Your Preferred Style



Which of the four Personal Styles do you have?

My Personal Style is

Task or People

Unstructured or Structured

Personal Style Description

Personal Style indicates the way you prefer to relate to people and the world around you.

Serving in ways inconsistent with your Personal Style over time leads to:

- Inauthentic relationships
- Decreased motivation
- Burnout

Two key elements of your Personal Style:

- How are you Energized?
- How are you Organized?

1. How Are You Energized?

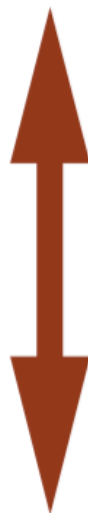
- Reflects how you receive and focus your emotional energy
- Indicates how you prefer to interact with people and tasks



Are you more Task-Oriented or People-Oriented?

TASK ORIENTED

- Are energized by doing things, accomplishing tasks, working with people who share your commitment to the task
- Can feel awkward or frustrated with a lot of relational activities



PEOPLE ORIENTED

- Are energized by interpersonal relationships, people interactions, working with people in a team setting.
- Can feel awkward when handling a lot of tasks.

BOTH value developing relationships and meeting goals!!

2. How Are You Organized?

- This reflects how you prefer to organize your world.

Are you more Unstructured or Structured?

Unstructured people:

- Put everything into piles
- Are less concerned with being precise
- Prefers lots of options and flexibility
- Prefers a variety of activities
- Are comfortable in undefined situations
- Like spontaneous relationships

UNSTRUCTURED



STRUCTURED



Structured people:

- Put everything into files
- Plan and bring order to their lives
- Enjoy stable, consistent relationships
- Make decisions and seek closure
- Are more detailed
- Like things clearly defined

BOTH value being organized!

CAUTION: Personal Style does explain our behavior, but it does not EXCUSE it!