

Personality Styles

A framework for greater self-awareness, not labels or fixed identities.

How to Use This Chart

1. Begin by looking at the four personality styles across the top.
2. Circle the style that feels most natural or familiar to you overall.
3. Then review the descriptive words underneath that heading.
4. Check or circle the traits that align with how you naturally operate.

Most people identify with more than one style to some degree. The goal is awareness, not perfection.

Direct	Persuasive	Loyal	Cautious
Demanding	Impulsive	Predictable	Practical
Risk-taker	Self-promoting	Team Person	Analytical
Adventuresome	Trusting	Serene	Orderly
Decisive	Helpful	Possessive	Persevering
Competitive	Emotional	Supportive	Methodical
Enterprising	Idealistic	Accepting	Conventional
Self-confident	Detail Avider	Compromising	Conscientious
Quick to Act	Achiever	Indecisive	Reserved
Forceful	Caring	Humble	Organizer

A Healthy Reminder

Every personality style carries both strengths and challenges. This chart is designed to offer insight and awareness, not to place people into rigid boxes or labels.