



To plot your personality, find a quiet place and tick off all of the attributes that apply to you. This table is split into opposites. So 'Open-minded' is an opposite trait to 'Conservative'. If you tick off 'creative' then you cannot possibly tick off 'uncreative' because the two contradict each other.

Open-Minded		Extrovert		Stable		Agreeable		Conscientious	
Creative		Talkative		Even-tempered		Warm		Organised	
Questioning		Socially bold		Satisfied and/or content		Kind		Efficient	
Artistic interests		Energetic		Relaxed		Co-operative		Methodical	
Emotionally open		Companionable		Optimistic		Trusting		Dutiful	
Adventurous		Assertive		Self-accepting		Friendly		Tenacious	
Tolerant		Polite		Calm		Open		Dependable	
Romantic		Thrill-seeking		Laid-back		Forgiving		Hard working	
Playful		Enthusiastic		Self-sufficient		Team worker		Responsible	

Conservative		Introvert		Uptight		Disagreeable		Careless	
Uncreative		Shy		Moody		Cold		Disorganised	
Unquestioning		Quiet		Jealous		Rude		Sloppy	
Not really art interested		Not very energetic		Touchy		Stubborn		Inefficient	
Emotionally closed		Withdrawn		Anxious		Critical		Reckless	
Routine-bound		Reserved		Depressed		Quarrelsome		Immature	
Intolerant		Impolite		Angry		Distant		Unreliable	
Unromantic		Timid		Tense		Distrustful		Rebellious	
Conventional		Reclusive		Dependent		Obstructive		Irresponsible	

De-RISK

Once you have ticked off all the applicable traits, now plot them on the personality wheel. You should be able to then 'see' your personality for what it is. For example, if you scored all 8 points for 'stable', then plot your score on the outer circle, the one with the score of '8' on it. If you score in-between, plot it in the middle. This is based on original research by [Rita Carter](#).

