

Working Style Self-Assessment

Instructions:

1. Write your name in the top row of the table.
2. Mark 10 words or phrases that best describe you.
 - Make sure that you have 10 total checkmarks on the page.
 - Do not place more than two checkmarks on any one phrase.
 - Do not have more than five checkmarks for any one energy group.
 - Include at least one mark in at least three energy groups.
3. Add up the number of marks in each energy group. Place the total in the gray box for the energy group. **You should have 10 marks total for your column.**

Your Name:			
Explore Energy Group	Discover new solutions; explore new ideas		Your explore total score:
	See the forest		
	Nonconformist; antiauthoritarian		
	Take people at face value; have faith in others		
	Like to do more than one thing at a time		
	Dreamer; utopian		
	Work to establish harmony and balance, and to avoid conflict		
	Aware of and act on or feel other people's need to please other people		
Excite Energy Group	Always see the bright side; see the glass as half full		Your excite total score:
	Charismatic; a "people person"		
	Live moment to moment		
	Can motivate people to follow you		
	Like to create good times and laughter		
	Like to chat		
	Love having company; hate to be alone		
	Likeable and add energy to a group		

Examine Energy Group	Need facts to be clear and correct		Your examine total score:
	Go by the rules; not comfortable taking risks		
	Develop and have a plan and a backup plan		
	Codify and systematize; neat		
	Well-reasoned; data driven; think linearly		
	Traditional and orthodox		
	Less persuaded by emotional arguments		
	Easily see what is wrong in anything		
Execute Energy Group	Know what you want and get it!		Your execute total score:
	Almost never give up; keep trying; persistent		
	Believe winning is important		
	Strong and self-assured		
	Prefer to get things done		
	Make decisions; action oriented		
	Believe you can do anything		
	Restless to complete a project		