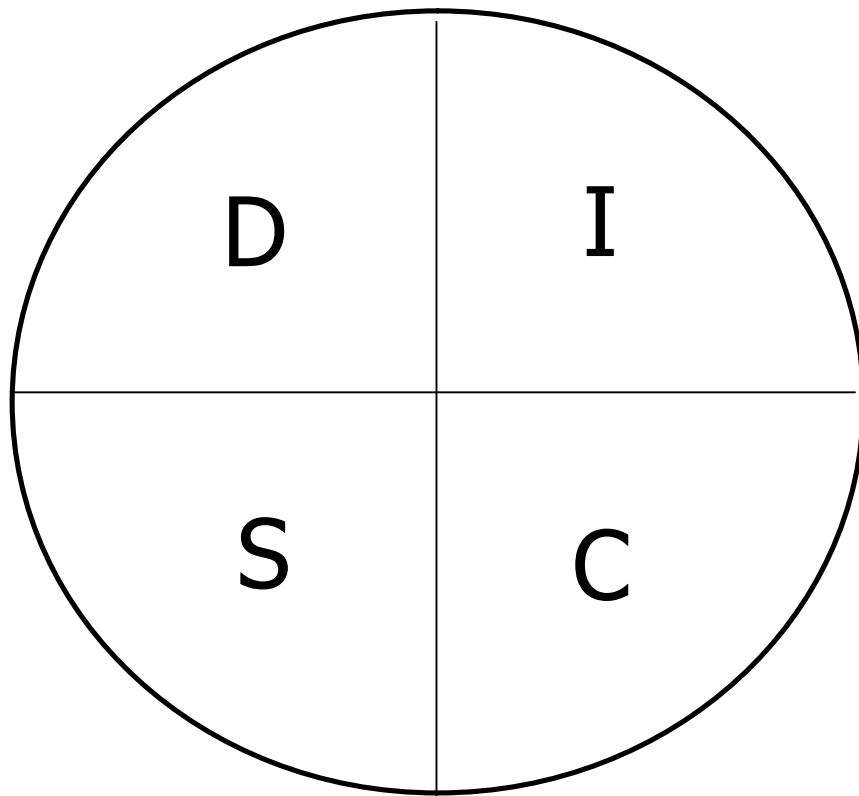




Personality Survey and Profile

By Anne (Annie) Berryhill



Part 1: Wellness Personality Profile

How personality affects Health and Fitness Success-What is yours?

Moving Across, circle the word in each line that best describes you. Tally by column

1	2	3	4
Persuasive	Inspiring	Steady	Humble
Original	Charming	Flowing	Conservative
Attractive	Sociable	Gentle	Detail-Oriented
Bold	Talkative	Sweet	Attentive
Will-Power	Persuasive	Loyal	Accurate
Precise	Introspective	Obliging	Sensitive
Competitive	Cheerful	Even-Tempered	Systematic
Unconquerable	Fun-Loving	Considerate	Explanatory
Brave	Jovial	Playful	Precise
Adventurous	Playful	Patient	Fussy
Decisive	Cordial	Soft-Spoken	Timid
Polished	Enthusiastic	Family-Oriented	Controlled
Daring	Convincing	Moderate	Diplomatic
Aggressive	Willing	Controlled	Resigned
Determined	Animated	Satisfied	Well-Disciplined
High-Spirited	Admirable	Kind	Cautious
Energetic	Popular	Generous	Devout
Persistent	Companionable	Tolerant	Agreeable
Daring	Good-Mixer	Agreeable	Respectful
Aggressive	Trusting	Good-Natured	Adaptable
Force of Nature	Light-Hearted	Easy-Going	Peaceful
Optimistic	Accommodating	Respectful	Obliging
Positive	Emotional	Adaptable	Introspective
Outspoken	Can't Say No	Nonchalant	Compliant
Restless	Eggs in Many Baskets	Trusting	Needs-Facts
Impatient	Optimistic	Lenient	See-Figures
Results-Oriented	Enjoy-Company	Accurate	Put in Writing
Fast-Moving	Good Human Relations	Neighborly	Scrutinizing
D	I	S	C

What does it all mean?

D	<i>Dominating/Directing/Driving/Demanding/Determined/Decisive</i>
<i>Eating</i>	<i>Starts strong, lacks follow thru- Needs Accountability and regimentation and Needs Challenge</i>
<i>Fitness</i>	<i>Wants Independence and challenge, Serious and strong, falls short of potential. Good as a leader and/or example</i>
<i>Supplements</i>	<i>Often Underestimates need for, Doesn't like Routine, Needs bottom line to commit and to be driven to utilize</i>
I	<i>Inspiring/Influencing/Inducing/Impressing/Interested in People</i>
<i>Eating</i>	<i>Conscious of how he/she looks, wants to impress, Social. Needs to Discipline lack of control and the desire to feel good by overeating</i>
<i>Fitness</i>	<i>Initial Enthusiasm, lacks follow thru, Group oriented, Influencer of others.. Needs to stick with it even when it is not as much fun any more</i>
<i>Supplements</i>	<i>It's challenging because of the mundane, routine, Focus on benefits over time</i>
S	<i>Steady/Stable/Shy/Security-Oriented/Servant/Submissive/Specialist</i>
<i>Eating</i>	<i>Most consistent but least motivated, Slow to start, insecure about new things Needs to be self-motivated, Needs Routine and Confidence about methods</i>
<i>Fitness</i>	<i>Doesn't need hype, can work alone, better with a friend Doesn't like to push it Needs to control interruptions, and to set higher goals and challenging limits</i>
<i>Supplements</i>	<i>Best when Convinced and Needs a schedule and to choose quality products</i>
C	<i>Cautious/competent/calculating/compliant/careful/contemplative</i>
<i>Eating</i>	<i>Very conscious of weight, worries but takes action, easily Discouraged Needs to be more Optimistic and begin immediately, don't research too much</i>
<i>Fitness</i>	<i>Very Calculating and studious, wants best plan, too serious and regimented Need to relax and have fun (stop being hard on yourself!) Do it, not KNOW IT!</i>
<i>Supplements</i>	<i>Details, needs to know science, Analysis Paralysis-Needs to just do it!</i>