



WHAT *shoe* ARE YOU?

STILETTO PUMP

Popular Sanguine / "I" – Inspire



- _____ When I go to a party, I try to meet as many people as I can.
- _____ I love telling funny stories about the things that happen to me. I can make people laugh.
- _____ I often misplace or forget things like my keys, purse, etc.
- _____ I feel suppressed by a schedule. I like to be spontaneous.
- _____ I love to be on a stage or receive public attention. I'm not at all afraid of being out front.
- _____ I am a people magnet, making friends in coffee shops, grocery stores, airplanes, etc.
- _____ I can charm my way in and out of things.
- _____ I'm inspired by relationships vs. projects or tasks.
- _____ I renew by spending time with others.

TOTAL = _____

STEEL-TOED WORK BOOT

POWERFUL CHOLERIC / "D" – Dominant



- _____ I love adventure and challenges.
- _____ My best day is figuring out and solving difficult problems.
- _____ I prefer to be in charge and in control, though some people call me controlling.
- _____ I like the bottom line. I often get impatient listening to too many details.
- _____ People naturally look to me for leadership.
- _____ Sometimes my words are too direct and can offend others.
- _____ I love to work and am inspired by tasks verses relationships.
- _____ My ability to see future opportunities puts me in visionary leadership roles.
- _____ I prefer the big picture rather than getting bogged down in details.

TOTAL = _____

WHAT *shoe* ARE YOU?

COACHING ASSESSMENT

FLIP FLOP

PEACEFUL PHLEGMATIC / "S" – Steady



- _____ I love to be comfortable and stable and often seek the easiest way to do something.
- _____ I seek peace and harmony in all I do and am often the bridge of peace in conflict.
- _____ I look for the easiest way to do things in order to stay relatively comfortable.
- _____ I can be with many different kinds of people and appreciate our differences.
- _____ I avoid conflict, even if it means denying something that is a core value to me.
- _____ Since I have very few expectations of others, I am a good friend who is often seen as "low maintenance".
- _____ I like familiar surroundings and resist change even in small things.
- _____ People in my life seem to get frustrated at the things I drop because of my procrastination.
- _____ I have a dry sense of humor.
- _____ I prefer behind the scenes work rather than being the one up front.

TOTAL = _____

MARY JANES

PERFECT MELANCHOLY / "C" – Compliant



- _____ I have a strong desire for things to be accurate.
- _____ People seek me out because they know once I commit, I follow through completely.
- _____ I find myself consistently wanting to correct details of other's stories even if they aren't important.
- _____ My sensitivity to others allows me to observe details like what they like in their coffee, what they are allergic to, etc.
- _____ I renew by spending time alone.
- _____ I can be judgmental, though you may not know it because of how I keep to myself.
- _____ Excellence and Quality are things I aim for in all I do.
- _____ I love order and structure. My closets, shelves, kitchen, etc. are organized and labeled.
- _____ I am a planner and enjoy having a predictable schedule and routine.
- _____ My favorite saying is "there's a place for everything and everything in it's place."

TOTAL = _____

[Add up the totals in each category. Make note of your highest scores and lowest.]