

MELANCHOLIC STRENGTHS

- 1 Creative, often musical and/or artistic
- 2 Sensitive, emotional
- 3 Plays and works well alone
- 4 Serious and purposeful
- 5 Honest
- 6 Detailed
- 7 Able to stay focused and calm
- 8 Forms deep friendships, quality over quantity
- 9 Aware of others' feelings
- 10 Thrives with structure and routine
- 11 Good at arranging and organizing
- 12 Cautious
- 13 Trustworthy
- 14 Compassionate
- 15 Logical, methodical
- 16 Content to stay in the background
- 17 Problem solver
- 18 Great listener
- 19 Likes to be on time, have a schedule
- 20 Perfectionist

MELANCHOLIC WEAKNESSES

- 1 Moody
- 2 Has trouble bouncing back
- 3 Slow to make friends
- 4 Struggles when plans change
- 5 Worried, fearful, overly cautious
- 6 Too focused on mistakes
- 7 Hard to please or make happy
- 8 Can be awkward socially
- 9 Easily overwhelmed in large groups
- 10 Lacks self-confidence
- 11 Cautious, guarded
- 12 Hesitant to start, spends too much time planning
- 13 Gets hung up on details
- 14 Takes everything personally
- 15 Jealous
- 16 Pessimistic
- 17 Judgmental
- 18 Self-sabotaging
- 19 Tends toward hypochondria
- 20 Withdrawn, holds back affection

PHLEGMATIC STRENGTHS

- 1 Easygoing
- 2 Kind, considerate
- 3 A good friend
- 4 Calm
- 5 Agreeable, accommodating
- 6 Plays and works well alone
- 7 Forgives easily
- 8 Generous, willing to share
- 9 Patient
- 10 Reliable
- 11 Happy
- 12 Well-behaved, good manners
- 13 Great team player
- 14 Helpful
- 15 Common sense
- 16 Warm, friendly
- 17 Content
- 18 Consistent
- 19 Witty
- 20 Good listener

PHLEGMATIC WEAKNESSES

- 1 Indecisive
- 2 Slow, even sluggish
- 3 Would rather watch
- 4 Unenthusiastic, unexpressive
- 5 Stubborn
- 6 Resists change
- 7 Messy
- 8 Resents being pushed
- 9 Sarcastic, teasing
- 10 Can get stuck in worry or fear
- 11 Timid
- 12 Easily manipulated by others
- 13 Hard to get moving
- 14 Uninvolved
- 15 Selfish
- 16 Avoids responsibility
- 17 Unmotivated, aimless
- 18 Too compromising
- 19 Procrastinates
- 20 Can appear lazy

CHOLERIC STRENGTHS

- 1 Energetic, moves quickly to action
- 2 Competitive
- 3 Articulate, persuasive
- 4 Is usually right
- 5 Comfortable being the leader
- 6 Makes decisions easily
- 7 Doesn't back down from a challenge
- 8 Always has a plan and a purpose
- 9 Confident
- 10 Independent, self-sufficient
- 11 Committed and loyal
- 12 Wants responsibility
- 13 Adventurous, enjoys physical challenges
- 14 Determined, resourceful
- 15 Good at delegating and motivating others
- 16 Self-directed
- 17 Disciplined
- 18 Sees the big picture
- 19 Logical
- 20 Good at completing tasks, efficient, productive

CHOLERIC WEAKNESSES

- 1 Impatient
- 2 Bossy
- 3 Argumentative
- 4 Unaware of or unsympathetic to others' emotions
- 5 Loses temper quickly
- 6 Decides for and directs others
- 7 Inattentive listener, bored by trivial details
- 8 Struggles to slow down and relax
- 9 Knows everything, always right
- 10 Questions authority
- 11 Inflexible
- 12 Demanding, rude
- 13 Physically restless, hard to nap
- 14 Is not complimentary
- 15 Believes the end justifies the means
- 16 Unrepentant, avoids apologizing
- 17 Possessive of friends
- 18 Blames others
- 19 Overly opinionated
- 20 Has trouble admitting mistakes

SANGUINE STRENGTHS

- 1 Great storyteller
- 2 Full of energy and enthusiasm
- 3 Joyful
- 4 Bright
- 5 Affectionate
- 6 Expressive and animated
- 7 Nonjudgmental, accepting of others
- 8 Sees the bright side
- 9 Lives in the moment, spontaneous
- 10 Likes adventure
- 11 Curious
- 12 Makes friends easily
- 13 Creative, imaginative
- 14 Encouraging
- 15 Shows emotions openly
- 16 Comfortable being the center of attention
- 17 Inclusive, inspires other to join
- 18 Thrives on compliments
- 19 Charming
- 20 Apologizes quickly and doesn't hold grudges

SANGUINE WEAKNESSES

- 1 Chatty
- 2 Rambunctious, wiggly
- 3 Can be overly innocent, naïve
- 4 Loud
- 5 Short attention span, easily distracted
- 6 Doesn't like doing things alone
- 7 Dramatic
- 8 Has big emotions, tantrums
- 9 Interrupts and answers for others
- 10 Overcommits
- 11 Easily excitable, impulsive
- 12 Has restless energy
- 13 Forgetful, scatterbrained
- 14 Makes excuses
- 15 Easily influenced
- 16 Decides by feelings
- 17 Disorganized, creates chaos
- 18 Can be a showoff
- 19 Seems phony, too happy to some
- 20 Exaggerates and elaborates