

HACK YOURSELF | ACTIVITY SHEET 4

INTROVERT/EXTROVERT?

Complete the questions below

	True	False
Q1: I prefer one-on-one conversations to group activities.		
Q2: I often prefer to express myself in writing.		
Q3: I enjoy solitude		
Q4: I seem to care about wealth, fame, and status less than my peers.		
Q5: People tell me I'm a good listener.		
Q6: I'm not a big risk-taker.		
Q7: I enjoy work that allows me to 'dive in' with few interruptions.		
Q8: I like to celebrate birthdays on a small scale, with only one or two close friends or family members.		
Q9: People describe me as 'soft-spoken' or 'mellow'.		
Q10: I prefer not to show or discuss my work with others until it's finished.		
Q11: I tend to think before I speak.		
Q12: I often let calls go to voice mail.		

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INTROVERT/EXTROVERT?

Your Personality Profile

I = Introvert.

If you answered the majority of the questions True, you're probably an Introvert



Given the choice, you'll devote your social energy to the people you care about most, preferring a glass of wine with a close friend to a party full of strangers. You think before you speak and relish solitude. You feel energized when focusing deeply on a subject or activity that really interests you. You have an active inner life, and are at your best when you tap into its riches.

E/I = Ambivert. If you answered the questions evenly, true and false, you're probably an Ambivert



Meaning that you fall smack in the middle of the introvert-extrovert spectrum. In many ways, ambiverts have the best of both worlds, able to tap into either pole as needed.

E = Extrovert. If you answered the majority of the questions false, you're probably an Extrovert.



You relish social life and are energized by interacting with friends and strangers alike. You are assertive, go-getting, and able to seize the day. You're great at thinking on your feet and are relatively comfortable with conflict. You are actively engaged in the world around you and are at your best when you tap into its energy.