

Instructions:

1. Rotate the page and read the phrases that complete the sentence "I like to..."
2. Check [✓] those phrases with which you agree (Yes), and ~~cross-out~~ those phrases with which you disagree (No). If you're undecided about a phrase, leave it as a "maybe".
3. On each side, tally up the checked (Yes) phrases and crossed-out (No) phrases and put the totals in their respective boxes; tally those not checked or crossed out and enter the total in the "Maybe" box.
4. Rank order the sides according to the Yes scores, then use the key at the bottom of the page to sequence the colors of your Full Spectrum:

brightest color

dimmmest color

YES
 MAYBE
 NO

I like to...

I like to...

- try change for a change!
- work in an unstructured environment
- avoid detailed paperwork
- deal with crisis situations
- be in charge, on stage
- compete
- get public recognition for what I do

- work with other people
- get involved, be included in projects
- encourage others
- share my feelings openly
- empathize with others
- serve as a mediator of disputes
- build group morale
- maintain peace and harmony
- seek to grow spiritually
- be optimistic and enthusiastic
- use metaphors/stories to illustrate points
- exercise my imagination and creativity
- work toward compromise
- create motivational environments for others
- express myself in an animated way

I like to...

- use established rules and procedures
- plan tasks, activities thoroughly
- do detailed work
- get and stay organized
- provide/receive detailed instructions
- create and adhere to time
- keep good records
- be of service to others
- create a stable work environment
- use lists to organize my thinking
- be dependable and reliable
- formulate "Plan B" (and Plan C)
- focus on what's practical
- use time thoughtfully

Personal Preferences Smorgasbord

I like to...

- be spontaneous and creative
- work on practical problems
- work on multiple projects
- make decisions quickly
- do things my own way
- work independently
- do hands-on activities

I like to...

- learn new things systematically
- work on puzzles/complex problems
- envision the "big picture"
- explore alternative possibilities
- work independently
- explore a subject thoroughly
- plan strategies & processes
- take time to think/ponder
- find ways to fix/improve things
- approach questions logically
- work without interruption
- do things well
- gather information
- discuss theoretical topics

I like to...

- work analytically and systematically
- work on puzzles/complex problems
- envision the "big picture"
- explore alternative possibilities
- work independently
- explore a subject thoroughly
- plan strategies & processes

NO

MAYBE

YES

YES

MAYBE

NO

YES

MAYBE

MAYBE

NO

NO
 MAYBE
 YES
 YES

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KEY: 1 line = BLUE; 2 lines = ORANGE; 3 lines = GOLD; 4 lines = GREEN