

Strengths*

	Popular Sanguine	Powerful Choleric	Perfect Melancholy	Peaceful Phlegmatic
Emotions	Appealing personality Talkative, storyteller Life of the party Good sense of humor Memory for color Physically holds on to listener Emotional and demonstrative Enthusiastic and expressive Cheerful and bubbling over Curious Good on stage Wide-eyed and innocent Lives in present Changeable disposition Sincere at heart Always a child	Born leader Dynamic and active Compulsive need for change Must right wrongs Strong-willed and decisive Unemotional Not easily discouraged Independent and self-sufficient Exudes confidence Can run anything	Deep and Thoughtful Analytical Serious and purposeful Genius prone Talented and creative Artistic and musical Philosophical and poetic Appreciative of beauty Sensitive to others Self-sacrificing Conscientious Idealistic	Low-key personality Easy going and relaxed Calm, cool and collected Patient, well-balanced Consistent life Quiet and witty Sympathetic and kind Keeps emotions hidden Happily reconciled to life All-purpose person
Work	Volunteers for jobs Thinks up new activities Looks great on the surface Creative and colorful Has energy and enthusiasm Starts in a flashy way Inspires others to join Charms others to work	Goal oriented Sees the whole picture Organizes well Seeks practical solutions Moves quickly to action Delegates work Insists on production Makes the goal Stimulates activity Thrives on opposition	Schedule oriented Perfectionist, high standards Detail conscious Persistent and thorough Orderly and organized Neat and tidy Economical Sees the problems Finds creative solutions Needs to finish what he starts Likes charts, graphs, figures, lists	Competent and Steady Peaceful and agreeable Has administrative ability Mediates problems Avoids conflicts Good under pressure Finds the easy way
Friends	Makes friends easily Loves people Thrives on compliments Seems exciting Envied by others Doesn't hold grudges Apologizes quickly Prevents dull moments Likes spontaneous activities	Has little need for friends Will work for group activity Will lead and organize Is usually right Excels in emergencies	Makes friends cautiously Content to stay in background Avoids causing attention Faithful and devoted Will listen to complaints Can solve other's problems Deep concern for other people Moved to tears with compassion Seeks ideal mate	Easy to get along with Pleasant and enjoyable Inoffensive Good listener Dry sense of humor Enjoys watching people Has many friends Has compassion and concern

***Strengths, when carried to extremes, become weaknesses.**

For example:

The **Popular Sanguine** strength of being talkative and a good story teller, when carried to excess, causes the **Popular Sanguine** to exaggerate and sometimes lose sight of truth.

The **Powerful Choleric** strength of being dynamic and active, when carried to excess, causes the **Powerful Choleric** to become a workaholic and mercilessly drive others to achieve.

The **Perfect Melancholy** strength of being analytical, when carried to excess, causes the **Perfect Melancholy** to be critical of others and skeptical of compliments.

The **Peaceful Phlegmatic** strength of being easygoing and relaxed, when carried to excess, causes the **Peaceful Phlegmatic** to avoid responsibility and can sometimes grow into laziness.

Personality
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