Quick worksheet: Develop personality profiles:

1 2 3 4 5

Almost Very Functionally Needs Not

Perfect Good Good Work Aware

These are your points of comparison. Use 3-4. Here are three I like

Awareness of self

Conflict with others

Nutrition

Self Care

Think of 20 people, write out their names and categorize below.

Describe each of your “types” in the five boxes. You can use the points of comparison but also add other things.

|  |
| --- |
| 1- Best |
| 2 |
| 3 – Pretty “normal” |
| 4-  |
| 5-Worst |