

Discovering My Starting Point

Instructions:

1. Indicate in each row which adjective best describes you.

Best (2) Second best (1), least (0)

	Column A	Column B	Column C
1	Energetic	Well-informed	Active
2	Passionate	Rational	Analytical
3	Reluctant	Reserved	Demanding
4	Spontaneous	Reflective	Stable
5	Emotional	Rigid	Scrupulous
6	Exuberant	Broad-minded	Devoted
7	Self-denying	Enlightened	Dutiful
8	Spirit-led	Objective	Reliable
9	Impulsive	Sophisticated	Unstable
10	Enthusiastic	Excited	Disciplined
	Total A	Total B	Total C

- 2. Cross out the values of the following boxes: A3, A7, B5, B10, C2 and C9
- 3. Add up the figures in each of the columns and fill in the results beside

Total A, Total B, and Total C

4. In the diagram to the right place an X on each of the three dotted lines at the location corresponding to the numbers you have calculated for *Total A, Total B and Total C.*

Connect these three points to make a triangle.

Draw a circle around the triangle (which should intersect the three dots), so that your personal diagram looks similar to the diagrams on the next page. This will show you your starting point

