

DISC PERSONALITY PROFILE

WORKSHEET

Name _____

Date _____

Instructions:

1. Choose the setting in which your responses will be made: Work, home, church, social, etc.
2. Carefully read the four phrases in each box below. Circle the number adjacent to the phrase MOST descriptive of you in the setting you have chosen. (The number is irrelevant at this point.)
3. Circle the number adjacent to the phrase that is LEAST descriptive of you in the setting you have chosen. (The number is irrelevant at this point.)
4. For each box, choose ONLY ONE "Most" and ONLY ONE "Least" response.
5. This sheet should be completed within SEVEN MINUTES, or as close to that as possible.

	Most	Least		Most	Least
Trusting, Enthusiastic	2	2	Affectionate, Tender	2	5
Tolerant, Respectful	4	4	Simple, Compliant	5	4
Courageous, Adventurous	5	1	Determined, Wants results	1	1
Agreeable, Accommodating	3	3	Content, Gratified	3	5
Innovative, Visionary	1	1	Unafraid, Independent	1	1
Reserved, Reticent	4	5	Reserved, Cautious restraint	4	4
Sociable, Congenial	5	2	Carefree, Lacks caution	2	2
Peacemaker, Negotiator	3	3	Kind, Cordial	3	5
Precise, Accurate	5	4	Conscientious, Plans for future	4	5
Focused, Goal-oriented	1	5	Recognition, Seeks advancement	1	1
Team player, Accommodating	5	3	Venturesome, Audacious	2	2
Encourage others, Stimulating	2	2	Dependable, Good listener	3	3
Sensitive, Becomes frustrated	4	4	Rules make it boring, Restless	2	2
Stand up to opposition, right	1	1	Challenges the rules, Daring	5	1
Complacent, keeps feelings inside	3	3	Rules make it safe, Security	3	3
Tell my side of the story, want to be heard	5	2	Rules make it fair, Justice	4	5
Seeks balance, Calm	3	3	Likes awards, Accomplishments	1	1
Talkative, Charismatic	2	5	Enjoys social, Group gatherings	2	5
Orderly, Follows the rules	5	4	Continues education, Cultured	5	4
Fast paced, High spirited	1	1	Wants to be safe, Unthreatened	3	3
Systematic, Time management	4	5	Cautious, Calculating	4	5
Anxious, Hurried	1	1	Consistent, Thorough	5	3
Dependable, Persistent	3	3	Outgoing, Enthusiastic	5	2
Emotional, Impulsive	2	2	Take charge, Direct approach	1	1
Detached, Too careful	5	4	Excitable, Cheerful	2	2
Unrealistic, Overcommitted	2	2	Supporter, Advocate	3	5
Complacent, Resist change	3	5	Methodical, Exact	5	4
Blunt, Overbearing	5	1	Competitive, Argumentative	1	1
A good analyzer	4	4	I will get the facts	4	5
A good listener	3	3	I will follow through	3	3
A good encourager	2	2	I will lead them	1	5
A good delegator	1	1	I will persuade them	2	2
Forceful, Driven	1	1	Loyal, Reflective	3	3
Optimistic, Charismatic	5	2	Likes a challenge, Pioneering	1	1
Cooperative, Let's do it together	5	3	Analytical, Tactful	5	4
Accuracy counts, Precise	4	4	Popular, Persuasive	2	2
Will wait to buy, Patient	3	3	Agreeable, Approachable	3	3
Will buy on impulse, Decisive	1	1	Animated, Exuberant	5	2
Will spend on what I want, selfish	2	5	Dauntless, Bold	1	1
Will do without, Self-controlled	5	4	Orderly, Adaptive	4	4
Rigid, Wants things exact	4	4	Authoritative, Influencer	5	1
Avoids monotony, Bored by routine	5	2	Enjoys attention, New opportunities	2	5
Seeks change, Goes for it	1	1	Avoids conflict, Relaxed	3	3
Congenial, Acts of kindness	3	5	Goes by the book, Diplomatic	5	4
Impulsive, Emotional	2	2	Creative, Unique	2	2
Calculating, Overload w/details	4	5	Bottom line organizer, Results oriented	1	5
Demanding, Domineering	1	1	Trustworthy, Authentic	5	3
Non-confrontational, Predictable	5	3	High standards, Looks to benchmarks	4	5