

LEVERAGE YOUR PERSONALITY TRAITS

[PART 2 OF 3]

The questions and exercises below correspond with the lesson video. Complete this workbook while you watch.

COWORKER PERSONALITY TRAITS

Name someone you work with who regularly demonstrates each of the 10 possible traits:

You can use the same person more than once if necessary.

HIGH OPEN	LOW OPEN
HIGH CONSCIENTIOUS	LOW CONSCIENTIOUS
HIGH EXTROVERT	LOW EXTROVERT
HIGH AGREEABLE	LOW AGREEABLE
HIGH NEUROTIC	LOW NEUROTIC

Complete the Big 5 profile for your most challenging coworker.

Use the questions from Part 1 of this lesson to score each trait. Answer them as if you are that person.

Name:

OPENNESS	CONSCIENTIOUSNESS	EXTROVERSION	AGREEABLENESS	NEUROTICISM

Complete the profile for your boss.

Name:

OPENNESS	CONSCIENTIOUSNESS	EXTROVERSION	AGREEABLENESS	NEUROTICISM