

What Shoe Are You? Coaching Assessment

All Rights Reserved | www.ljallencoaching.com



STILETTO PUMP

Popular Sanguine/ "I" Inspire

When I go to a party, I try to meet as many people as I can.

I love telling funny stories about the things that happen to me. I can make people laugh.

I often misplace or forget things like my keys, purse, etc.

I feel suppressed by a schedule. I like to be spontaneous.

I love to be on stage or receive public attention. I'm not at all afraid of being out front.

I am a people magnet, making friends in coffee shops, grocery stores, airplanes, etc.

I can charm my way in and out of things.

I'm inspired by relationships vs. projects or tasks.

I renew by spending time with others.

I have been known to stretch the truth in order to make a story better.

TOTAL _____

STEEL-TOED WORK BOOT

Powerful Choleric/ "D" Dominant

I love adventure and challenges.

My best day is figuring out and solving difficult problems.

I prefer to be in charge and in control, though some people call me controlling.

I like the bottom line. I often get impatient listening to too many details.

People naturally look to me for leadership.

Sometimes my words are too direct and can offend others.

I love to work and am inspired by tasks verses relationships.

My ability to see future opportunities puts me in visionary leadership roles.

I prefer the big picture rather than getting bogged down in details.

I get irritated by meetings that should have emails.

TOTAL _____

FLIP FLOP

Peaceful Phlegmatic/ "S" Steady

I love to be comfortable and stable and often seek the easiest way to do something.

I seek peace and harmony in all I do and am often the bridge of peace in conflict.

I have an especially hard time making decisions and look to others to help me decide things.

I can be with many different kinds of people and appreciate our differences.

I avoid conflict, even if it means denying something that is a core value to me.

Since I have very few expectations of others, I am a good friend who is often seen as "low maintenance."

I like familiar surroundings and resist change even in small things.

People in my life seem to get frustrated at the things I drop because of my procrastination.

I have a dry sense of humor.

I prefer behind the scenes rather than being the one up front.

TOTAL _____

MARY JANES

Perfect Melancholy/ "C" Compliant

I have a strong desire for things to be accurate.

People seek me out because they know once I commit, I follow through completely.

I find myself consistently wanting to correct details of other's stories even if they aren't important.

My sensitivity to others allows me to observe details like what they like in their coffee, what they are allergic to, etc.

I renew by spending time alone.

I can be judgmental, though you may not know it because of how I keep to myself.

Excellence and quality are things I aim for in all I do.

I love order and structure. My closets, shelves, kitchen, etc. are organized and labeled.

I am a planner and enjoy having a predictable schedule and routine.

My favorite saying is "there's a place for everything and everything in its place."

TOTAL _____

Add up all 4 totals in each column. Your two biggest numbers are the blend of two shoes that you are.