



Here is Prof. Jordan Peterson's brief personality profile quiz as presented on Dr. Oz show. He states that it is helpful to know your proclivities, so that you can better take advantage of your strengths, as well as work towards minimising your weaknesses.

The video segment can be seen here: <https://youtu.be/i-Eb76X3upk>

Five Questions that will indicate your personality to help you achieve your life goals.

1. Choose a word from the following list that best describes you:
  - a. Talkative
  - b. Kind
  - c. Anxious
  - d. Efficient
  - e. Imaginative
2. How would your best friend describe you, if they had to choose one of the following:
  - a. Enthusiastic
  - b. Cooperative
  - c. Worrisome
  - d. Organised
  - e. Creative
3. Pick the activity that sounds most like something you would do:
  - a. Plan a party
  - b. Donate to a charity
  - c. Share a problem with a close friend
  - d. Make a schedule for your week
  - e. Create a piece of art
4. Which adage would you live by:
  - a. Spend as much time as you can with friends
  - b. Take care of those in need
  - c. Safety first
  - d. Do your duty
  - e. Beauty will save the world
5. What is your biggest fault:
  - a. You tend to dominate conversations
  - b. You let people take advantage of you
  - c. You worry too much
  - d. You are a perfectionist
  - e. You are a bit of a scatterbrain
6. When faced with a problem, you tend to approach it:
  - a. Energetically
  - b. Cooperatively
  - c. Nervously
  - d. Dependably
  - e. Curiously



Breakdown: Look at which of the 5 options in each question you scored most across the whole quiz – this will tend to indicate your dominant personality trait.

**A's are extroverted types**, who network well and use their social skills to solve problems. They are Assertive, Enthusiastic and Social. They are energised by being around other people. But their impulsiveness can cause them to take uncalculated risks

**B's are agreeable types** who form and maintain relationships. They have a strong tendency to Compassion and Politeness and self-sacrifice, and don't lobby well on their own behalf – resulting in a lower income than other groups. They can eventually become resentful. They make false assumptions about how their care for others should be reciprocated. They are not as demanding on others when they need to be.

**C's are Neurotic types**, concerned about security and safety, sensitive to risk. They are inclined to Withdrawal (avoidance in the face of uncertainty) and Volatility (irritable when things go wrong). When planning for the future, they can often see pitfalls and avoid them. They can feel more anxiety and emotional pain than average.

**D's are conscientious types** who use their scheduling ability to plan for the future. They have a strong inclination to Industriousness (sustained, goal directed effort) and Orderliness (scheduling, organising and systematising). They can be relied on to do what they say they are going to do. They are defined by their sense of duty and responsibility. But they have a tendency to micromanage and deny others the chance to contribute.

**E's are Open individuals** who can think creatively and laterally, outside the box. But they can struggle to find a sense of self because of the diversity of their interests, so they need to zero-in on what really makes them happy

A more comprehensive assessment can be done online, on Prof. Peterson's website-

<https://www.understandmyself.com>

He also has a self-help site that can help you develop those characteristics you need to expand on:

<https://www.selfauthoring.com>