# PACE

Personality Awareness, Characteristics & Expression

# Personality Assessment

Name: _____ Gender: _____ Age: _____

Think about your usual behaviour over the past three months.

Circle one number to show how much you agree with each statement.

1 = Strongly disagree 2 = Disagree 3 = Neutral 4 = Agree 5 = Strongly agree

## Group 1

| | | | | | | |
|---|---|---|---|---|---|---|
| 01 | Energised by social interaction | 1 | 2 | 3 | 4 | 5 |
| 02 | Think aloud with others | 1 | 2 | 3 | 4 | 5 |
| 03 | Seek frequent social contact | 1 | 2 | 3 | 4 | 5 |
| 04 | Enjoy larger gatherings | 1 | 2 | 3 | 4 | 5 |

## Group 2

| | | | | | | |
|---|---|---|---|---|---|---|
| 05 | Move with a sense of urgency | 1 | 2 | 3 | 4 | 5 |
| 06 | Feel driven to compete | 1 | 2 | 3 | 4 | 5 |
| 07 | Find waiting frustrating | 1 | 2 | 3 | 4 | 5 |
| 08 | Struggle to switch off from tasks | 1 | 2 | 3 | 4 | 5 |

## Group 3

| | | | | | | |
|---|---|---|---|---|---|---|
| 09 | Trust my ability to make sound decisions | 1 | 2 | 3 | 4 | 5 |
| 10 | Approach unfamiliar tasks with confidence | 1 | 2 | 3 | 4 | 5 |
| 11 | Believe I can handle difficulties as they arise | 1 | 2 | 3 | 4 | 5 |
| 12 | Express my views even when others disagree | 1 | 2 | 3 | 4 | 5 |

Informal reflection tool | Not a validated psychological or diagnostic test

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Continue with the same 1-5 scale. Answer every item before viewing the scoring guide.

## Group 4

| | | | | | | |
|---|---|---|---|---|---|---|
| 13 | Adjust my plans when circumstances change | 1 | 2 | 3 | 4 | 5 |
| 14 | Try a different approach when one is not working | 1 | 2 | 3 | 4 | 5 |
| 15 | Adapt to unfamiliar roles or environments | 1 | 2 | 3 | 4 | 5 |
| 16 | Revise my approach in response to feedback | 1 | 2 | 3 | 4 | 5 |

## Group 5

| | | | | | | |
|---|---|---|---|---|---|---|
| 17 | Need outcomes to meet exact standards | 1 | 2 | 3 | 4 | 5 |
| 18 | Find mistakes difficult to accept | 1 | 2 | 3 | 4 | 5 |
| 19 | Keep refining beyond what is needed | 1 | 2 | 3 | 4 | 5 |
| 20 | Find changing plans uncomfortable | 1 | 2 | 3 | 4 | 5 |

## Understanding My Triggers

Choose one recent situation that brought out a strong reaction.

**What happened?**

**What did I think it meant, and what did I feel?**

**What did I do? What did I need at that moment?**

**What could help me respond more effectively next time?**



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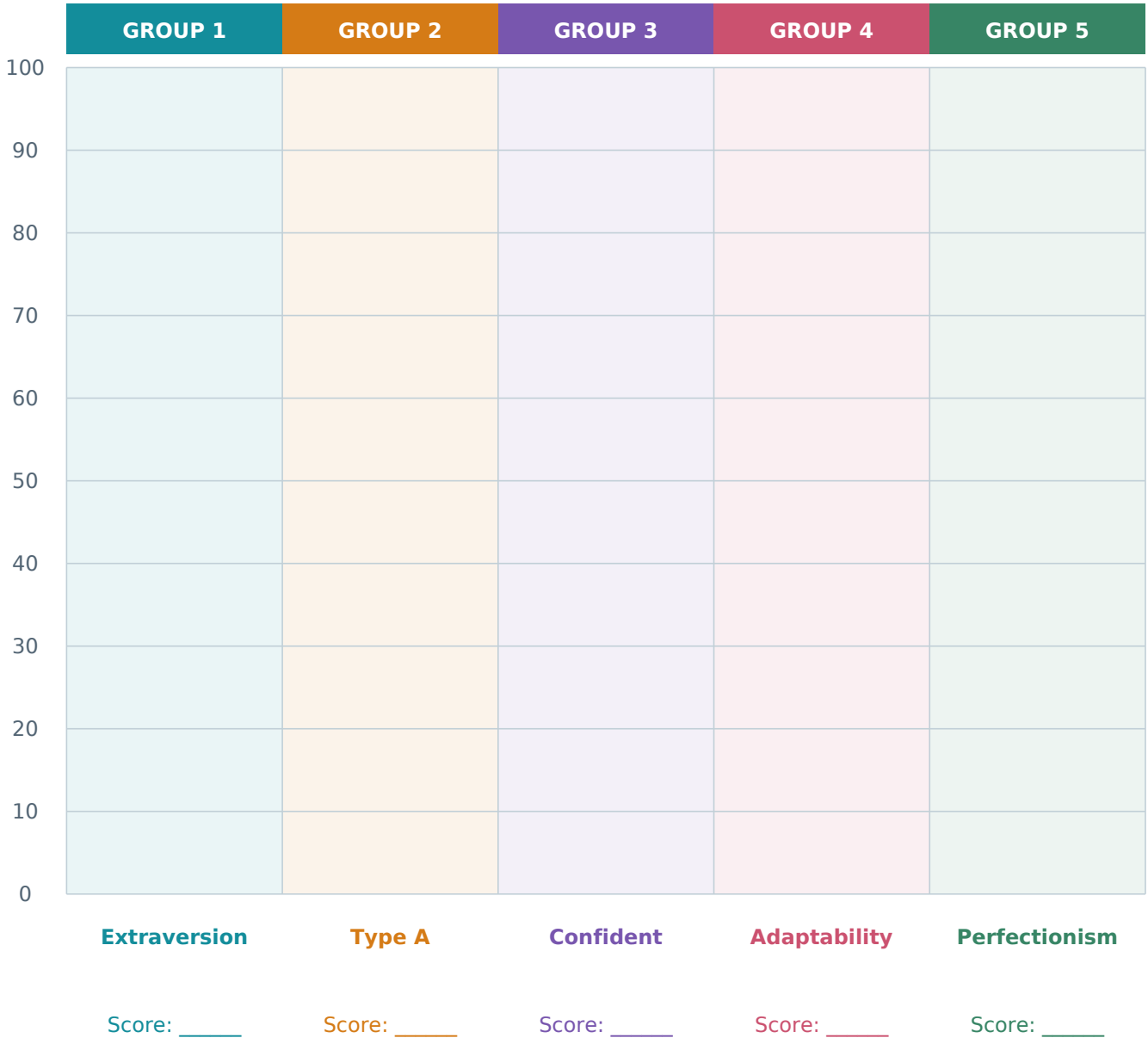
Personality Awareness, Characteristics & Expression

## My Personality Profile Graph

Name: _____ Gender: _____ Age: _____

Plot each score in the centre of its column. Connect the five points if helpful.

Higher scores indicate greater endorsement of the statements in that group.




Possible scores: 20-100. These are not percentiles; there is no overall total or ideal profile.

The connecting line is a visual aid; these dimensions are not a sequence or trend.

**Characteristics I recognise:**

**Triggers I want to understand:**

**One response I will practise:**



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