

### **Measurement #1: Interaction**

Where are you on a scale of 1 – 5, where 1 is most comfortable and 5 is least comfortable?

- Talking with strangers in any setting – not small talk just comfort with strangers*
- Recording my voice for others to hear*
- Recording video of myself for others to see*
- Giving an elevator pitch*
- Giving a live presentation*
- Giving the best man/maid of honor speech at a wedding*

### **Measurement #2: Execution**

Where are you on a scale of 1 – 5, where 1 is strongly agree and 5 is strongly disagree?

- I come up with LOTS of great ideas*
- I have trouble finishing things/projects*
- I love to plan*
- I focus on one thing to the exclusion of all others for short periods of time*
- I am NOT a detailed person*
- I procrastinate a lot*
- I leave things to the last minute*
- I don't use any real time management tools*

### **Measurement #3: Introvert/Extrovert**

Where are you on a scale of 1 – 5, where 1 is strongly agree and 5 is strongly disagree?

- I THRIVE when going out with my friends*
- I love making small talk at parties*
- I'm great at networking*
- I'm good at office politics*
- I hate staying home on a Saturday night by myself*
- I am energized by being with others*

### **Measurement #4: Leader/Follower**

Where are you on a scale of 1 – 5, where 1 is strongly agree and 5 is strongly disagree?

- I like to be in charge*
- I dislike being told what to do*
- I like coordinating others*
- I don't like to have "tasks" to do*
- In a group, I often take charge*