

**Self-Assessment—Describing Your Nature.**

The purpose of this self-assessment is to spell out, objectively, what you have learned about your individual temperament.

Next to each temperament trait, write a nonjudgmental, declarative statement describing this trait in you.

*For example: 1. Activity Level: I have a lot of energy, which makes it difficult for me to sit still for long periods of time and easy for me to run around with the kids at the playground and take a Zumba class in the evening.*

**1. Activity Level** (need for physical movement)

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**2. Regularity** (of biological functions: sleeping, eating, and elimination; or habitual routines)

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**3. Initial Response to New Situations** (comfort with unfamiliar situations or experiences)

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**4. Adaptability** (comfort level with change of any kind)

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**5. Predominant Mood** (perceiving the glass as half full or half empty)

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**6. Persistence** (the ability to let go of activities, feelings, or having your way)

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**7. Perceptiveness/Distractibility** (how much you notice or hear around you)

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**8. Intensity** (degree of reaction)

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**9. Sensitivity** (degree of awareness or reaction to sensory stimuli: sound, touch, smells, etc.)

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