

Personality Type Self-Assessment

People-Fluency

Discover Your Dominant Personality Type — and Unlock More Effective Ways to Lead, Connect, and Thrive!

The People Fluency System identifies four core personality types:

Leader type, Task Type, People Type, and Free Spirit Type.

Each type has unique strengths and blind spots that influence how we lead, work, react, and relate to others. This self-assessment will give you a snapshot of your dominant type and how it may shape your everyday life.

Instructions:

For each statement, rate yourself from 1 (not like me at all) to 5 (very much like me).

Leader Type

- I naturally take charge in group situations.
- I make decisions quickly and confidently.
- I like setting goals and driving results.
- I prefer action over excessive discussion.
- I enjoy leading others toward a clear outcome.
- I value efficiency and quick progress.
- I stay calm when making tough calls.
- I often find myself directing others.

Score (1–5 for each): _____ Total: _____

Task Type

- I prefer structure, rules, and clear expectations.
- I like organizing and planning ahead.
- I get satisfaction from accuracy and attention to detail.
- I value discipline and consistency.
- I prefer predictable routines over surprises.
- I dislike when rules are not followed.
- I am methodical in how I approach problems.
- I am dependable and thorough in my work.

Score (1–5 for each): _____ Total: _____

People Type

- I easily sense when others are upset or stressed.
- I enjoy supporting and helping others succeed.
- I tend to avoid conflict to keep harmony.
- I value being part of a team.
- I naturally empathize with others.
- I work best when relationships are positive.
- I am often the peacemaker in difficult situations.
- I feel energized by meaningful connections.

Score (1–5 for each): _____ Total: _____

Free Spirit Type

- I thrive on variety and flexibility.
- I get restless with too many rules or restrictions.
- I love spontaneity and being open to new experiences.
- I enjoy taking risks and exploring new ideas.
- I dislike feeling boxed in or overly controlled.
- I am curious and adventurous.
- I often find creative solutions to problems.
- I prefer freedom over rigid structure.

Score (1–5 for each): _____ Total: _____

Scoring & Results

Add up your scores for each type. The highest score reveals your dominant Personality type. This is the lens through which you naturally see the world. Here's what each type represents:

Leader: Confident, decisive, goal-oriented. Leaders thrive on action, progress, and achieving results.

Task: Organized, precise, dependable. Task types excel in structure, rules, and attention to detail.

People: Caring, empathetic, supportive. People types value relationships, harmony, and teamwork.

Free Spirit: Creative, flexible, adventurous. Free Spirits thrive in variety, freedom, and spontaneity.

Split Profiles: If two scores are tied or very close, you may have a 'split' personality type. This can often feel confusing but also provide greater flexibility. To explore this further, [contact](#) Regina for more information.

Your Next Step

Now that you've discovered your dominant Personality type, imagine the clarity and confidence you can gain by diving deeper. In a personalized session, you'll uncover your full profile and learn how to use this knowledge to improve communication, leadership, and relationships. [Schedule your free consultation](#) today to get started!

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