

Personality Test according to Hippocrates [colors]

Hippocrates distinguished 4 types of temperament:

- choleric,
- melancholic,
- sanguine
- phlegmatic

Adding colors to his theory according to Dr. Taylor Hartman's approach ("The People Code"), we have created a simplified test for you defining temperament and the resulting strengths and areas for development.

The test below is divided into two parts, two tables: strengths and areas for development. Your task is to mark one answer out of four possible in each row. Choose the adjective that fits you best in each row. Answer quickly and without thinking, honestly.

On the last page, there is a key according to which you should sum up your answers.

You can print the test from the PDF file. It is worth using it to get to know your team, assess its strengths and areas for development, and integrate.

Strengths

No.	Trait name	Trait name	Trait name	Trait name
1	lively	enterprising	analytical	flexible
2	cheerful	convincing	steady	calm
3	sociable	strong-willed	self-sacrificing	accommodating
4	trustworthy	competitive	prudent	composed
5	encouraging	resourceful	respectful	reserved
6	trusting	independent	sensitive	undemanding
7	animator	success-oriented	planning	patient
8	spontaneous	confident	organized	modest

9	optimist	honest	orderly	helpful
10	fun-loving	authoritative	faithful	kind
11	charming	brave	meticulous	diplomatic
12	serene	self-confident	cultured	consistent
13	inspirer	independent	idealist	tactful
14	effusive	decisive	deep	sharp-witted
15	easy-going	activist	musical	mediator
16	talkative	persistent	thinker	tolerant
17	energetic	leader	loyal	listener
18	nice	boss	programming	satisfied
19	popular	productive	perfectionist	lenient
20	dynamic	bold	decent	balanced
SUM				

Weaknesses

No.	Trait name	Trait name	Trait name	Trait name
1	loud	bossy	shy	thoughtless
2	undisciplined	unsympathetic	resentful	apathetic
3	repeats oneself	resistant	easily offended	unengaged
4	forgetful	blunt	capricious	fearful
5	interrupts	impatient	insecure	indecisive
6	unpredictable	insensitive	unpopular	isolating oneself
7	chaotic	unyielding	picky	procrastinating
8	too permissive	conceited	pessimist	colorless
9	easily angered	arguer	alienated	aimless
10	naive	annoying	negative	nonchalant
11	seeking recognition	workaholic	withdrawing	worried
12	chatterbox	tactless	hypersensitive	shy
13	disorganized	dominating	depressed	full of doubts
14	inconsistent	intolerant	introvert	indifferent
15	messy	manipulator	moody	mumbler

16	show-off	stubborn	skeptic	slow
17	loud	haughty	loner	lazy
18	absent-minded	hot-tempered	suspicious	sluggish
19	restless	rash	vengeful	distancing oneself
20	changeable	cunning	critical	compromiser
SUM				

Results Sheet

No. SANGUINE CHOLERIC MELANCHOLIC PHLEGMATIC

SUM "X"

After completing the test, sum up the number of checked adjectives in each column. Enter this number in the empty SUM box.

In which box did you have the most answers? You are probably this personality type. It can also often appear in the results that you have a mixed temperament.

Remember, this is a very simplified temperament test and should rather serve as a starting point for discussion and fun for you and your team, not "truth carved in stone".

Temperament Descriptions

Sociable Sanguine: yellow color

Strengths

Weaknesses

loves fun, integration, and company

Guided by feelings

Is a "colorful", interesting person

Doesn't like plans

Easily builds contacts

Gets bored quickly, doesn't like routine

Has a sense of humor

Lacks determination

Encourages others to work

Talks too much

Throws themselves into tasks

Exaggerates excessively

Is a creative person

Can be perceived as an arrogant person

Calm Phlegmatic: green color

Strengths

Weaknesses

Calm, balanced

Introvert

Doesn't have bad moods

Stubborn

Universal, adapts

Unengaged

Good listener

Hard to get moving and encourage

Prudent

Doesn't like changes

Motivates well

Hates conflicts

Good task administrator

Procrastinates with work

Perfect Melancholic: blue color

Strengths

Weaknesses

Works best alone

Complains

Likes charts

Sometimes too serious

Values silence

Sniffs out criticism

Organized

Low self-image

Analytical mind

Plans a lot

Appreciates beauty

Works poorly under pressure

Acts according to a plan	Perfectionist
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Justice is important to them	Needs a lot of time
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Bossy Choleric: red color

Strengths

Weaknesses

Born leader

Stubborn

Has a need for changes

Too self-confident

Strong-willed, strives for the goal

Workaholic

Inspires trust

Needs to have a sense of control

Proves oneself in unexpected situations

Hard for them to admit they are wrong

Usually is right

Master of manipulation

Solves problems

Nervous

Quickly delegates tasks

Expects sacrifice
