

Are you a Type A or a Type B personality

Mental Model Example

For each of the statements below, circle the number which indicates how you would behave. For example, if you are always on time for appointments, you would be a No. 4. If you are always late, No 0. What's your total score?



Casual about appointments	0	1	2	3	4	Never late
Not competitive or ambitious	0	1	2	3	4	Very competitive and ambitious
Good listener	0	1	2	3	4	Constantly interrupts
Never feels rushed	0	1	2	3	4	Always rushed
Waits Patiently	0	1	2	3	4	Impatient whilst waiting
Takes one thing at a time	0	1	2	3	4	Tries to do many things at once
Slow deliberate talker	0	1	2	3	4	Emphatic, fast, forceful speech
Cares about satisfying self	0	1	2	3	4	Needs recognition from others
Slow at doing things	0	1	2	3	4	Fast (eating, walking, talking)
Easy going	0	1	2	3	4	Hard driving (self and others)
Expresses feelings	0	1	2	3	4	Hides Feelings
Many other outside interests	0	1	2	3	4	Few outside interests
Casual	0	1	2	3	4	Eager to get things done

Location

South East, Middlesex

<https://www.freeadsz.co.uk/x-482370-z>



When you're with your children or partner, should you be checking your phone for that latest client email? Or should you be focussing on them and enjoying the moment? Here we share a blog on why being goal oriented might not be such a good thing for people who never have time to read or exercise or have no time for family. Must read the Blog: Leadership Forces Phone: 07740 644658 07740 6446...(click to reveal full phone number) Blog: <http://www.leadershipforces.com/type-a-type-b/>



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