

# WORKPLACE

## PERSONALITY QUIZ

### **What workplace works best for you?**

*Take this easy quiz and find out which 'workplace personality' best matches you!*

**1. What do you value most?**

- (A) Spontaneity
- (C) Consistency
- (D) Wellness
- (B) Fun

**2. What quote inspires you the most?**

- (C) Work hard in silence, let your success speak for you
- (A) Collect memories not things
- (B) No road is long when you're in good company
- (D) The greatest wealth is health

**3. My favorite place to take a daily walk is...**

- (B) To a coffee shop meeting a friend
- (A) The local parkz
- (D) To the gym for a quick workout
- (C) Through my house tidying up

**4. Which member of your colleague group are you?**

- (D) The leader
- (B) The funny one
- (C) The smart one
- (A) The creative one

**5. You work best...**

- (A) On your own, but with life around you
- (C) Alone in a quiet room
- (B) Surrounded by your team
- (D) With a fresh breeze and garden view

**6. What are your typical mornings like?**

- (B) Shower, breakfast and replying messages
- (D) With a book, a cup of tea and stretches
- (A) Breakfast on-the-go while listening to a podcast
- (C) Morning workout and reading the news

**7. What motivates you?**

- (D) Inner peace
- (A) Success
- (B) Family and friends
- (C) Competition

**8. When do you get the most done?**

- (C) In isolation
- (D) Early mornings
- (B) In a group
- (A) Whenever inspiration hits

**9. What gives you most energy throughout the day?**

- (C) A workout
- (D) Meditation
- (A) Anything outdoors
- (B) A good laugh





# **So, what sort of personality are you?**

*Add up your answers and explore the type you mostly fit to:*



You're the **natural**.

You work best when you allow your creativity to flourish in the great outdoors. While you love being spontaneous in your workspaces, workouts, and sources of inspiration, you also enjoy being mindful and you give yourself some time alone to visualize your goals.

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*\* To be **creative**:*

*head outside, swap your laptop for pen and paper and let your ideas flow*

*\* To **energize**:*

*take a five-minute walk or run outdoors, breathe deeply*

*\* To get **motivated**:*

*turn on an inspiration podcast while walking to your next meeting*



You're the **enjoyer**.

You work best with lots of people around you. As a team player, you find inspiration in conversations and motivation in team sports, brainstorming sessions and mastermind groups. While you love to be around people, you also appreciate some independence while the world is happening around you.

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*\* To be **creative**:*

*take five minutes to draw a vision board in your favorite coffee shop*

*\* To **energize**:*

*take a brainstorming walk with a friend*

*\* To get **motivated**:*

*bounce ideas off a colleague over lunch*





You're the **organizer**.

You love your workout, inspiration and workspace routines. What gets you going is the perfect balance between mental and physical work to keep your energy levels high. While you love focusing on work independently, you also enjoy interacting with colleagues to get new points of view once in a while.

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\* To be **creative**:

*get your notebook out and fill one page with anything that comes to your mind*

\* To **energize**:

*head out for a lunchtime workout*

\* To get **motivated**:

*take ten minutes to improve your morning routine, it sets the tone for your day*

You're the **relaxer**.

Your priority is keeping balance in both body and mind. You start your day with the same routines that allow you to be focused and calm at work. When you feel sluggish, you head to the gym for a quick energizer. Having control over your workload is just as important for you as finding some minutes to meditate.

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\* To be **creative**:

*listen to an audiobook during your workout or stretches*

\* To **energize**:

*meditate for ten minutes*

\* To get **motivated**:

*head outdoors and review your intentions for the day*

