

Understanding Your 24 Qualities When Overextended

Adaptable

Works in passionate bursts towards emergent goals

Flexible

Easy going and informal

Spontaneous

Makes quick gut-feel decisions

Conceptual

An abstract thinker comfortable with complexity and ambiguity

Imaginative

A source of new and creative ideas

Radical

Embraces change and is willing to challenge tradition

Sociable

Friendly and energized by interacting with others

Demonstrative

Enthusiastic and expresses positive emotions

Takes Charge

Seizes the initiative in a group and is drawn towards authority positions

Logical

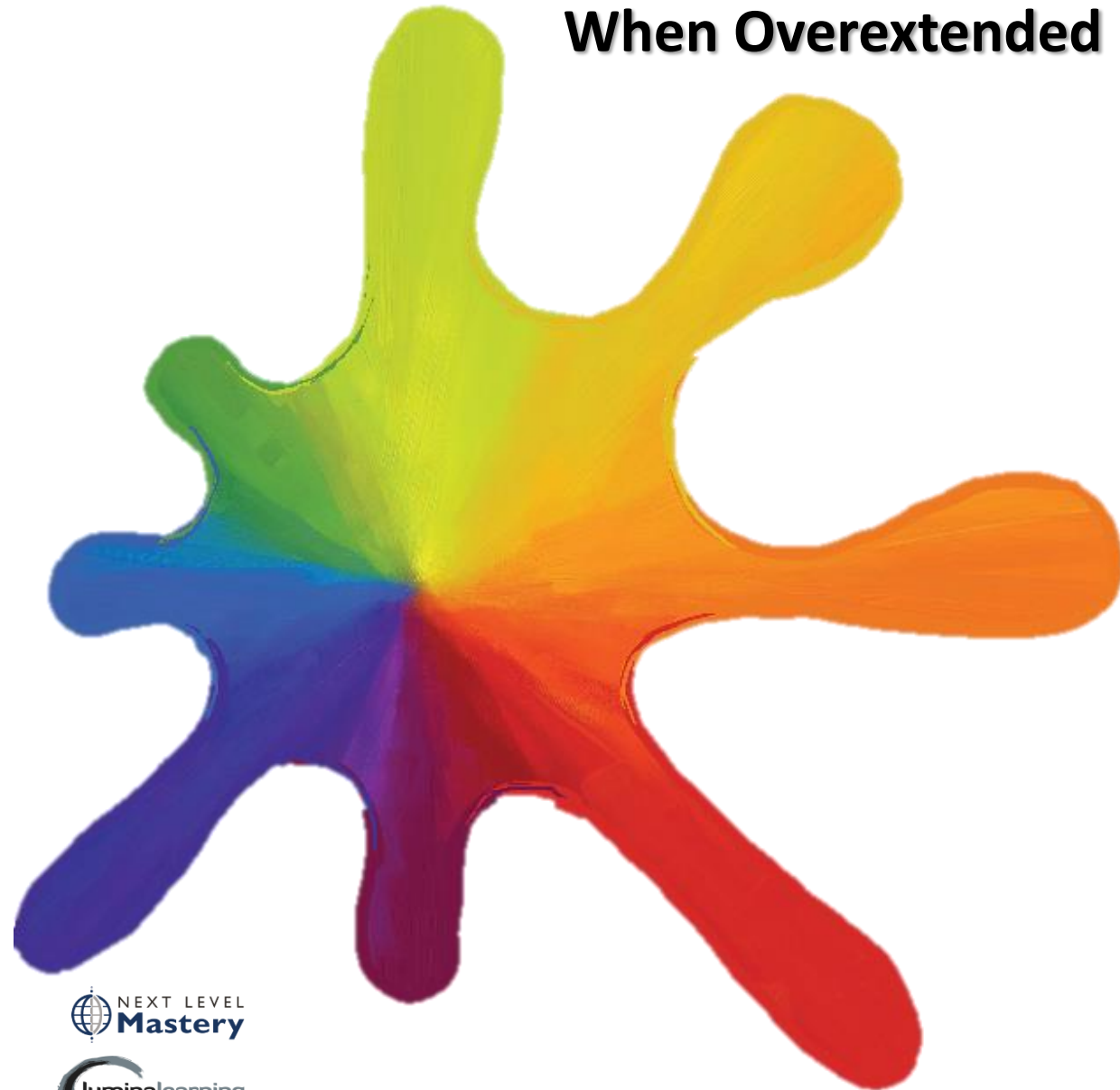
Objective and rigorously applies reason

Competitive

Strong willed with a win/lose mindset

Tough

Argues forcefully and is comfortable with conflict



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Highlight Your Top Five Qualities:

Accommodating

Strives for harmony and is willing to adjust their stance in a conflict

Collaborative

Team player with a win/win mindset

Empathetic

Considerate and in touch with other people's feelings

Observing

Boundaried and energized by their inner world

Measured

Serious minded and contains positive emotions

Intimate

Listens first and gravitates towards one-to-one conversations

Cautious

Resists change - prefers to stick with tried and tested methods

Evidence-Based

Focused on observable facts and attentive to details

Practical

Adopts a realistic and common sense approach

Reliable

Disciplined and meets commitments

Structured

An organized and effective planner

Purposeful

Sets ambitious goals and then works diligently towards them

What Those Qualities Become When You Are Overextended:

Accommodating	→	Acquiescing
Collaborative	→	Consensus Obsessed
Empathetic	→	Emotionally Stretched
Observing	→	Detached & Aloof
Measured	→	Serious & Withdrawn
Intimate	→	Passive
Cautious	→	Change Resistant
Evidence-Based	→	Lost In The Details
Practical	→	Narrow Sighted
Reliable	→	Hesitant
Structured	→	Rigid Planning
Purposeful	→	Goal Fixated
Adaptable	→	Unfocused
Flexible	→	Chaotic
Spontaneous	→	Impulsive
Conceptual	→	Unfeasible
Imaginative	→	Fantasist
Radical	→	Change For Sake Of Change
Sociable	→	Can't be alone
Demonstrative	→	Overbearing
Takes Charge	→	Controlling
Logical	→	Argumentative
Competitive	→	Win At All Costs
Tough	→	Seeks Conflict