Extended Profile Catalogue # 1341

London Sperm Bank





DONOR PROFILE GENERAL INFORMATION

Year of Birth: 199	90				Place of Birth	h: United State	S
Racial Group/Colo X Caucas		□ Black/Blac	k	□ Asian/Y	'ellow [☐ Other/Red	
Ethnic Origin/Ance	estry: Moti	her: English,	Austrian	Fa	ther: Irish, Englis	h	
Religion Born Into Donor: Ca		Mother: B	aptist	Father: Ca	atholicism		
If Jewish:	☐ Ashkena	azi	□ Sepha	rdic	☐ Oriental		
Height: 6'0"	Weight:	159 lbs	Eye Color:	Brown H	air Color: Brown		
Hair:	Hair Type: □ curly	Corre □ Yes	ctive Lenses	: Corre	ctive Eye Surger	y	
□ balding□ thinX average□ thick	□ wavy X straight	X No	, L	X No	Blo	ood Type:	
Bone Structure:	☐ Small	X Med	dium	□Large	□ Very Lar	ge	
Are you predomin	ately:	□rigl	nt-handed	X left-han	ded □ambidex	trous	
Other distinguishing	ng features (dim	iples, cleft ch	in, Roman n	ose, etc.):	None		
Skin Characteristi Freckles:	cs:	X	Few	□Many			
☐ Very fair (little t☐ Fair (skin will ta X Medium (light c☐	an lightly on sun color but will tan	exposure) moderate to	dark)	7.1.1.1			
☐ Olive (pigment: ☐ Dark (unexpose] Light] Dark Tan	☐ Moderate☐ Brown	□ Dark □ Black	
			TONAL BA				
High School	□1	□2 □3	X4	GPA	2.8		
College/University B.S.	X1	□2 □3	□4	GPA:	3.98	□ B.A.	
	a of Study: Env	ironmental S	cience				

Post Graduate]1 🗆	12 □3		□4	□5+	GPA:
Major:						
Degrees Attained: ☐M.A.	□M.S.	□Ph.D.	$\square M.D.$	□J.D.	□D.D	.S. □Other:

PERSONAL CHARACTERISTICS

(Please describe in some detail)

What is your native language?

- English

What other languages do you speak?

- None

Math Skills/Ability:

- Natural math skill, not so great. However, I can understand with practice.

Mechanical Skills:

- strong understanding of construction and operation of machinery. Developed understanding and experience using various hand and power tools. High spatial reasoning ability.

Athletic Skills:

Strong hand-eye coordination and athletic stamina and ability.

What is your favorite sport?

Snowboarding and other board sports.

What are your Hobbies/Interests/Talents:

- Reading, playing guitar, photography, building objects

Describe your artistic ability:

- I believe I have an artistic eye for photography, or film, but my artistic ability using paint or other physical mediums is just awful.

What are your favorite foods?

- If seafood and steak could fully nourish a human, I'd never turn back.

What is your favorite color?

yellow

Do you like animals? If so, which is your favorite?

I do like animals, I'm just allergic to most of the ones people keep as pets. So I like them in theory, but much less in person.

To where would you like to travel and why?

Japan, or South Africa. Japan, because the photos I've seen are beautiful, and the culture is so incredibly different from our own. South Africa because the people are friendly and laid-back, and there is some truly incredible nature.

How would you describe your personality?

- I would say I'm overall a friendly, helpful person. I do have a short temper sometimes, though, and it can be abrasive.

What is your ultimate ambition or goal in life and how do you see yourself in twenty years?

- Ultimately my goal is to enjoy my life. I don't want to spend years in a career I don't enjoy, or living in a place I'm riot comfortable with. In twenty years I see myself either with a partner and a child, working to provide the best I can for them, while also feeling a sense of purpose, or as a bachelor pursuing his work and exploring the world.

ADDITIONAL ACADEMIC INFORMATION

SAT Scores: Verbal 680 Math 670 Total 1350

LSAT MCAT GRE

GMAT Other

EMPLOYMENT/OCCUPATIONAL HISTORY

What is your current or most recent occupation? Wine tasting room associate

List all the jobs you have had in the past five years and any exposure to chemicals and gases. Please consider carefully.

Jobs/Duties	Year emp	oloyment	Exposure to which chemicals,
(Do not name employer)	Began	Ended	gases, etc.
1. Tasting room associate	Apr 2016	current	none
2. Engineering Laboratory Technician	Nov 2011	Oct 2015	Ammonium nitrate, sodium nitrate, trisodium phosphate
3. Tennis court construction	May 2011	Oct 2011	Paint concentrates
4.			
5.			
6.			

FERTILITY HISTORY

Do you have any children? No		
If yes, how many male children? N/A female children? N/A		
For each child, please give age, and list any health problems: N/A		
Age Special Health Problems		
Have you ever been responsible for any pregnancies other than those listed above?	X No	□Yes
If yes, what year did it occur?		
Have you ever been refused as a blood donor?	X No	□Yes
If yes, explain:		
Has anyone in your family had difficulty in achieving pregnancy?	□No	X Yes
If yes, explain: Paternal cousin has trouble conceiving.		
Are there any twins or triplets in your family?	X No	□Yes
If yes describe:		

FAMILY MEDICAL HISTORY

Note: The following questions require knowledge about your family's medical history. You may wish to have your mother or father assist you in obtaining the necessary information.

Has any member of your family, including yourself, had a problem or defect at birth in any of the following body systems?

5. Nervous syste6. Respiratory s7. Skeletal syste	nal system ry system ormones, enzymes, etc.) em (brain, spinal cord, etc ystem m (bones, joints, muscles lung, kidney, etc.)	5)	X No
Type of birth defect	Affected family member	Age at diagnosis	Relevant circumstances
	memoer		enedinstances
			,
Do you have any brothers	or sisters who died in inf	fancy or childhood?	X No □ Yes
If yes, what was the cause	??		
Are there any diseases or If yes, indicate the disease			X No ☐ Yes
		erienced recurring and/or cose symptoms that you may	
			X No □ Yes
If yes, please describe:			

Ī	Relatives			Sibli	ngs	G	randp	arent	S	Aur	nts	Unc	les	Mate	ernal	Pate	ernal
l		Mother	Father											Cou	sins	Cou	sins
I	Indicate number of relatives			F	М	MGM	MGF	PGM	PGF	Mat	Pat	Mat	Pat	F	М	F	М
1		1	1	1	0	1	1	1	1	0	4	2		1	1	5	4
1													2				

Medical Problem	You	Mother	Father		ings	G	randp	arent	S	Aur	nts	Unc	les	Mate	ernal sins			No
				F	М	MGM	MGF	PGM	PGF	Mat	Pat	Mat	Pat	F	М	F	М	one
1. Cardiovascular	14	1, 101		140		N. O. T.			1	139	139			- R	1015	-	72.11	100
A. congenital heart defect																		Х
B. atherosclerosis																		X
C. arteriosclerosis																		X
D. heart attack																		X
E. high blood pressure																		X
F. stroke																		X
G. other																		X
2. Blood											58						Ġ.	
A. anemia																		X
B. sickle cell anemia																		Х
C. hemophilia or other bleeding problem																		х
D. leukemia																		Х
E. immune deficiency																		Х
F. other																		X
3. Respiratory (lungs)																		100
A. hay fever																		Х
B. asthma																		Х
C. emphysema																		X
D. tuberculosis																		X
E. lung cancer																		Х
F. pneumonia																		Х
G. other																		X
4. Skin																		
A. acne																		Х
B. eczema																		Х
C. melanoma																		Х
D. skin cancer																		Х
E. pigmentation disorders																		Х
F. other																		X

Comments: N/A

Medical Problem	You	Mother	Father	Sibli				arent		Auı				Cou	ernal sins	Pate Cou		No
				F	М	MGM	MGF	PGM	PGF	Mat	Pat	Mat	Pat	F	М	F	М	one
5. Gastro-intestinal	King.									БЦ,								
A. ulcer of stomach or duodenum																		х
B. gall stones																		X
C. hepatitis A (infectious)																		X
D. hepatitis B (serum)																		Х
E. other liver disease																		Х
F. colon cancer																		Х
G. ulcerative colitis																		X
H. Crohn's disease																		Х
I. cystic fibrosis																		Х
J. intestinal cancer																		Х
K. other																		X
6. Urinary																		
A. kidney disease																		X
B. disease of the urinary tract (urethra,bladder, ureter)																		х
C. other																		x
7. Genital/Reproductive s																		
A. undescended testicle																		X
B. hypospadias																		X
C. prostate cancer																		X
D. uterine fibroids																		X
E. ovarian cysts																		X
F. cancer of cervix or uterus																		Х
G. breast cancer								Х										
H. ovarian cancer																		Х
I. Other																		X

Comments: Paternal Grandmother had breast cancer, Age of onset: 41, Current condition: deceased

Medical Problem	You	Mother	Father	Sibli	ings	G	randp	arent	S	Auı	nts	Und	cles	ernal sins			No
Wicaldar Froblem	00	I VIOLITOI	auto	F	М	MGM	MGF	PGM	PGF	Mat	Pat	Mat	Pat	М	F	М	one
8. Metabolic/Endocrine		WEI .					1 12										
A. diabetes mellitus																	X
B. hypoglycemia																	Х
C. thyroid cancer																	Χ
D. thyroid disease																	Х
E. goiter																	X
F. adrenal dysfunction or disorder																	Х
G. other																	Х
9. Neurological								1				200	TI	I I'm			
A. migraines																	X
B. mental retardation																	X
C. senility before age 50																	Χ
D. Alzheimer's disease																	X
E. multiple sclerosis																	X
F. epilepsy or seizure disorder																	х
H. hydrocephalus																	X
disorders of spinal cord																	X
J. Huntington's disease																	X
K. Gaucher disease																	X
L. Wilson's disease																	X
M. delay in growth and/or development																	X
N. learning disorder																	X
O. other																	X
10. Mental Health																	
A. schizophrenia																	X
B. manic depressive illness											X						
C. other mental health disorders requiring hospitalization																	X
D. severe depression with periods of inability to function																	X
E. other																	X

Comments: Father's sister diagnosed bipolar disorder

Medical Problem	You	Mother	Father	Sibli	ngs	G	randp	arent	S	Aur	nts	Unc	les	Mate		Pate		No
				F	М	MGM	MGF	PGM	ÞGF	Mat	Pat	Mat	Pat		М	F	М	one
11. Muscles/Bones/Joints		7235	25.															
A. muscular dystrophy																		X
B. other chronic muscle disease																		X
C. lupus																		X
D. deformity of spine																		X
E. osteoporosis																		X
F. dwarfism																		X
G. hereditary low back disease																		X
H. arthritis																		X
. gout																		X
J. other																		X
12. Sight/sound/smell														1177				
A. deafness before age 60																		X
B. significant hearing loss						X												
C. deformity of the ear																		X
D. cataracts before age 50																		X
E. blindness																		X
F. color blindness																		X
G. glaucoma																		X
H. deviated septum																		X
l. any other sight/so und/ smell disorder																		X
13. Other																		
A. alcoholism																		X
B. drug abuse, misuse, or addiction												×	15					
C. any other cancer not mentioned above							X											
D. any other condition not mentioned above																		×

Comments: Maternal uncle history of cocaine abuse; maternal grandfather diagnosed with prostate cancer in 2014, current condition: cancer-free

PERSONAL HEALTH HISTORY

Do you currently have any allergies?	Ye	es .		
If yes, they are to:	□□ Food	□□Drugs		nts XOther
Please list specific substances and reaction (s) produced:			
Substance		React	tion	
Pet Dander		Sinus C	ongestion	
Describe any childhood allergies you had:				
How is your vision (without corrective lenses	s)? X E	xcellent 🗆 🗆	lGood □□F	air □□Poor
Do you wear corrective lenses?	X No	□Yes Y	our vision is:	
Are you: □□Nearsighted □□Farsighted	□□Other (sp	ecify)		
Have you undergone corrective eye surgery?	X	No □□Yes		
Do you have any hearing impairments? If yes, please describe:	X	No □□Yes		
Condition of your teeth (check one): Your diet is: Any dietary restrictions?		Good □□F:		
Dietary supplements (vitamins, etc.)	?			
How often do you exercise? X Type of exercise:	Regularly	□Occasional	y □□Rarely	
Have you ever had surgery? If yes, please list all surgeries: 1) 2) 3) 4)			X No Year: Year: Year: Year:	□Yes
Have you had any hospitalization not already	mentioned?		X No	□□Yes

PERSONAL HEALTH HISTORY (Continued)

Have you had major x-ray exposure or other radiation exposure? exposure in the navy)

Yes (low level radiation

Have yo	u or your sexual partners ever h	nad:	Mys	elf	Partn	er	When
NSU (n	on-specific urethritis)		X No	□□Yes	X No	□□Yes	
Chlamyo	lia		X No	□□Yes	X No	□□Yes	
Genital '	Warts (HPV)		X No	□□Yes	X No	□□Yes	
Genital I	Herpes		X No	□□Yes	X No	□□Yes	
Other (s)) Type (s):		X No	□□Yes	X No	□□Yes	
Have yo	u ever been treated for any sex	ually-trai	nsmitted	d disease(s)?		X No [□□Yes
	If yes, for which disease(s):						
	When? Details?						
	When was the last time that you	ı were tr	eated?				
etc.?	u ever had any major illnesses If yes, please explain:	such as a	moebic	dysentery, hepa	titis, pno X No	eumonia, m □Yes	nononucleosis,
Do you	have any chronic medical probl	ems or c	onditio	ns?	X No	□Yes	
	If yes, please explain:						
Have yo	u ever been exposed to herbicio	des or to	xic cher	nicals?	X No	□Yes	
If yes, p	lease explain:						
Have yo	u ever served in the military?					X Yes	
Technic		erved in t	the US	Navy from 2011	- 2015 a	as an Engin	eering Laboratory

PERSONAL HEALTH HISTORY

(Continued)

Please list any medications you are currently taking: N/A

Please list any prescription, non-prescription or recreational drugs that you have used or are currently using.

Describe any drug use as indicated below.

Name of Drug	Date Started	Date Ended	Frequency of use	How used?
Ibuprofen	2004	continued	when necessary	orally
Naproxen	2004	continued	when necessary	orally
marijuana	2008	continued	weekends	smoked or ingested

How many alcoholic drinks do you consume during an average week? 1-2		
Have you ever had a drinking problem?	X No	□Yes
If yes, describe:		
Have you ever been treated for alcohol or drug abuse?	X No	□Yes
If yes, describe:		
Do you smoke cigarettes?	X No	□Yes
If yes, how many packs/day?		

How long have you been smoking regularly?

FAMILY HISTORY SECTION

The following pages contain detailed information regarding the donor's family members. There is one page of information for each family member, including his parents, siblings, grandparents, aunts and uncles. If the donor has more than one sister, you will find more than one page with the title, "Sister of Donor". If the donor has no sisters, this page will be blank. The same applies to brothers, aunts and uncles.

For a summary of the number of family members, please refer to the top portion of page 6 in this profile.

1 1 1 1 1

FAMILY HISTORY Mother of Donor

Year of Birth	1958		Place	of Birth:	USA	
Racial Group:	casian	□ □ Black		sian		Other
If Jewish:	□□ Ashker	nazi	□ □ Sephardic		□ □ Orio	ental
Height: 5'9 Wei	ight: 145 lbs	Eye Color: Haz	el Hair Color:	Brown		
Hair: ☐ ☐ Balding X Thin ☐ ☐ Average ☐ ☐ Thick	Hair Type: ☐☐ Wavy X Straight	Vision Curly X Poo	□ □ Exceller Good Fair		X Small 1edium	
Other distinguish	ing features (dimple	es, cleft chin, Rom	an nose, etc.):			
Skin Characteristi Freckles:	ics X None	□Few	□ M any			
☐ ☐ Fair (skin wi	to no ability to tan ill tan lightly on sun tht color but will tan entation of unexpos sosed skin)	n exposure) n moderate to dark	i) Light Dark T] Moderate □ Brown	□ □ Dark □ □ Black
Occupation: Adm	ninistrator					
Education:	High School Diplo	oma				
Special Skills or	Characteristics:	none				
If living, describe	her health:	□ □ Excellent	X Good	□ □ Fa	iir 🗆 🗆] Poor
If deceased, give	cause and age at tir	me of death:				
What kind of pers Optimisti Assertive	ic $\square\square$ I	□□2 X 2	X 3 □□3	□□4 □□4	Pessimistic Passive	

 Leader
 □□1
 □□2
 □□3
 X 4
 Follower

 Easy going
 □□1
 □□2
 □□3
 X 4
 Controlling, rigid

FAMILY HISTORY Father of Donor

Year of Birth 19	961			Place of Birth	n: USA				
Racial Group: X Caucas	iian	□ □ Black	□ □ Asian	1	□ □ Other				
If Jewish:	□□ Ashk	enazi	□ □ Sephardic		☐ Oriental				
Height: 5'10 We	eight: 200 lb	os Eye Color: Bi	rown Hair Color	: Black					
Hair: □ □ Balding X Thin □ □ Average □ □ Thick	Hair Type: □ □ Wavy X Straigh	t X Fa	☐ ☐ Excellent	Bone Structure t] Small				
Other distinguishing	ng features (dimp	oles, cleft chin, Ron	nan nose, etc.):						
Skin Characteristic Freckles:	cs X None	□Few	□ Many						
 □ Very fair (little to no ability to tan on sun exposure) X Fair (skin will tan lightly on sun exposure) □ Medium (light color but will tan moderate to dark) □ Olive (pigmentation of unexposed skin) □ Dark (unexposed skin) □ Dark Tan □ Brown □ Black 									
Occupation: Seni	or Vice President	of Defense Contra	cting Agency						
Education: High	School Diploma								
Special Skills or C	Characteristics:	none							
If living, describe	his health:	□ □ Excellent	□□Good	X Fair	□ □ Poor				
If deceased, give of	ause and age at t	ime of death:							
What kind of pers Optimistic		X 2	□□3 □□3	□□4 Pess	imistic				

LeaderX 1 $\square \square 2$ $\square \square 3$ $\square \square 4$ FollowerEasy going $\square \square 1$ X 2 $\square \square 3$ $\square \square 4$ Controlling, rigid

FAMILY HISTORY Sister of Donor

Year of Birth 1994	1			Place of Birth:	USA
Relationship to Donor	X Full □ Hal	sibling f sibling: opted into famil		maternal MPLETE THIS FO] paternal ORM)
Height: 5'7 Weight:	127 lbs E	Eye Color: Blue	Hair Color: B	londe	
Hair: □ □ Balding □ □ Thin X Average □ □ Thick	Hair Type: ☐ ☐ Curly X Wavy ☐ ☐ Straight	Vision □ □ X Po	☐ ☐ Excelle Good Fair	Bone Structure: nt X Smal	
Other distinguishing fi Single dimple	eatures (dimples,	cleft chin, Rom	nan nose, etc.):		
Skin Characteristics Freckles:	□None	□Few	X Many		
X Very fair (little to n Tair (skin will tai Medium (light co Dive (pigmentat Dark (unexposed	n lightly on sun e blor but will tan n ion of unexposed	xposure) noderate to dark	k) □□ Light □□ Dark T	□□ Modera an □□ Brown	
Occupation: M	edical receptionis	st			
Education: Bache	lor's Degree				
Special Skills or Char	acteristics: non-	e			
Does she have any chi	Ildren?		x No □Ye	s	
If yes, how many fema	ale children?		male	children?	
If living, describe her	health: x	Excellent	□□Good	□□Fair□□	□ □ Poor
If deceased, give caus	e and age at time	of death:			
What kind of person is	s/was she?				

Optimistic	X 1		$\square\square 3$	□□4	Pessimistic
Assertive			X 3	$\square\square$ 4	Passive
Leader		X 2	$\square\square 3$	$\square\square$ 4	Follower
Easy going	$\square\square$ 1	X 2	$\square\square 3$	$\square\square4$	Controlling, rigid

FAMILY HISTORY Maternal Grandmother of Donor

Year of Birth	1933	Place of I	Birth: US	SA .				
Racial Group: X Caucasian		nck	□□Asia	n 🗆 🗆	Other			
If Jewish:	□□ Ashkenazi		Sephardic	□□Or	iental			
Height: 5'5 Weight:	160 lbs Eye C	Color: Brown	Hair Color:	Black				
Hair: □ □ Balding □ □ Thin X Average □ □ Thick	Hair Type: X Curly □ □ Wavy □ □ Straight	Vision:	od	Bone Structure: Small X Medium Large Very Large				
Other distinguishing f	eatures (dimples, cleft	chin, Roman	nose, etc.):					
Skin Characteristics Freckles:	X None	□Few	□ M any					
 □ Very fair (little to no ability to tan on sun exposure) □ Fair (skin will tan lightly on sun exposure) X Medium (light color but will tan moderate to dark) □ Olive (pigmentation of unexposed skin) □ Dark (unexposed skin) □ Dark Tan □ Brown □ Black 								
Occupation: Banker								
Education: High Scho	ool Diploma							
Special Skills or Char	acteristics: none							

If living, describe	her health:	□ □ Excellent	□□Good	X Fa	air 🗆 🗆 Poor				
If deceased, give cause and age at time of death:									
What kind of person	on is/was she?								
Optimistic		X 2	$\square\square 3$	$\Box\Box4$	Pessimistic				
Assertive	$\square\square$ 1	X 2	$\square\square 3$	$\Box\Box4$	Passive				
Leader		X 2	$\square\square 3$	$\square\square 4$	Follower				
Fasy goin	σ ΠΠ1		X 3	ГП	Controlling rigid				

FAMILY HISTORY Maternal Grandfather of Donor

Year of Birth	930		Place o	of Birth: USA					
Racial Group: X Caucasia	ın	□□Black	□ □ Asia	n	□ □ Other				
If Jewish:	□□ Ashke	enazi	□ □ Sephardic		□ Oriental				
Height: 6'1" Weigh	nt: 180lbs E	ye Color: Blue	Hair Color: Brown						
Hair: □ □ Balding □ □ Thin X Average □ □ Thick	Hair Type: □□ Wavy X Straight	X F	☐ ☐ Excellent] Good	Bone Structure	Small				
Other distinguishing	features (dimp	les, cleft chin, Roi	man nose, etc.):						
Skin Characteristics Freckles:	X None	□Few	□ Many						
X Very fair (little to no ability to tan on sun exposure) Fair (skin will tan lightly on sun exposure) Medium (light color but will tan moderate to dark) Olive (pigmentation of unexposed skin)									
Occupation: Car Sal	lesman								
Education: High Scl	hool								
Special Skills or Cha	aracteristics: no	one							
If living, describe his	s health:	□ □ Excellent	□□Good	X Fair	□ □ Poor				
If deceased, give cau	use and age at ti	me of death:							
What kind of person Optimistic	is/was he? X I		□□3	□□4 Pessi	mistic				

Assertive			$\square\square 3$	X 4	Passive
Leader			$\square\square 3$	X 4	Follower
Easy going	X 1	$\Box\Box 2$	$\square\square 3$	4	Controlling, rigid

FAMILY HISTORY Paternal Grandmother of Donor

Year of Birth: 1942				Place	of Birth:	USA		
Racial Group: X Caucasian] □ Black	(□ □ Asia	n •		l Other	
If Jewish:	□□ Ashkena	azi		☐ Sephardic			riental	
Height: 5'6" Weight: 1	40lbs Eye C	Color: Bro	wn Hair	Color: Brown				
Hair: □ □ Balding □ □ Thin X Average □ □ Thick	Hair Type: X Curly □ □ Wavy □ □ Straight		Vision:	d ir	Bone Str Str X Mee	mall dium		
Other distinguishing fe	atures (dimples	s, cleft ch	in, Romar	nose, etc.):				
Skin Characteristics Freckles:	□None	Х	Few	□Many				
 □ Very fair (little to no ability to tan on sun exposure) X Fair (skin will tan lightly on sun exposure) □ Medium (light color but will tan moderate to dark) □ Olive (pigmentation of unexposed skin) □ Dark (unexposed skin) □ Dark Tan □ Brown □ Black 								
Occupation: Homemal	ker							
Education: High School	ol Diploma							
Special Skills or Chara	cteristics: no	ne						
If living, describe her h	nealth:	□□Exc	ellent	□□Good		Fair	□ □ Poor	
If deceased, give cause	and age at tim	ne of deat	h: Breast	Cancer, 45				
What kind of person is Optimistic Assertive	√was she? X I □□I	□□2 □□2		□□3 X 3	□□4 □□4	Pessimis Passive	tic	

FAMILY HISTORY Paternal Grandfather of Donor

Year of Birth: 1942				Place of Birth:	USA			
Racial Group: X Caucasian	n	□□Black	□□ Asia	ın	□ □ Other			
If Jewish:	□□ Ashke	enazi	□ □ Sephardic		☐ Oriental			
Height: 5'10" Weig	ht: 170lbs	Eye Color: brown	Hair Color: bro	wn				
Hair: □ □ Balding □ □ Thin X Average □ □ Thick	Hair Type: ☐☐ Curly ☐☐ Wavy X Straigh		Excellent Good ir	Bone Structure: Small X Medium Large Very La				
Other distinguishing	features (dimp	les, cleft chin, Rom	an nose, etc.):					
Skin Characteristics Freckles:	□ None	X Few	□ Many					
 □ Very fair (little to no ability to tan on sun exposure) □ Fair (skin will tan lightly on sun exposure) X Medium (light color but will tan moderate to dark) □ Olive (pigmentation of unexposed skin) □ Dark (unexposed skin) □ Dark Tan □ Brown □ Black 								
Occupation: Verizon	budgeting de	partment manager						
Education: High Sch	nool Diploma							
Special Skills or Cha	racteristics: no	one						
If living, describe his	health:	□ □ Excellent	X Good	□ □ Fair	□ □ Poor			
If deceased, give cau	se and age at t	ime of death:						
What kind of person Optimistic Assertive	is/was he? □□1 □□1	X 2 X 2	□□3 □□3	□□4 Pessir				

FAMILY HISTORY Maternal Uncle of Donor

Year of Birth: 1950	Place of Birth: USA						
Racial Group: X Caucasian	an □□Black		□ □ Asi	an	□ □ Other		
If Jewish:	□□ Ashkena	zi	□ □ Sephardic		□ Oriental		
Height: 6'1" Weight:	190lbs Eye	Color: brown	Hair Color: brow	n			
Hair: ☐ ☐ Balding ☐ ☐ Thin X Average ☐ ☐ Thick	Hair Type: X Curly □ □ Wavy □ □ Straight	□ □ X F	Excellent Good	Bone Structure Small X Medium Large Very La			
Other distinguishing fea	atures (dimples	, cleft chin, Roi	man nose, etc.):				
Skin Characteristics Freckles:	□None	X Few	□ Many				
 □ Very fair (little to no ability to tan on sun exposure) □ Fair (skin will tan lightly on sun exposure) X Medium (light color but will tan moderate to dark) □ Olive (pigmentation of unexposed skin) □ Dark (unexposed skin) □ Dark Tan □ Brown □ Black 							
Occupation: Police Of	ficer						
Education: High School Diploma							
Special Skills or Characteristics: none							
Does he have any child	ren?		□□□No	X Yes			
If yes, how many femal	e children?	1	male	children? 1			
If living, describe his he	ealth: X	Excellent	□ □ Good	□□Fair	□ □ Poor		
If deceased, give cause	and age at time	of death:					
What kind of person is/	was he?						

Optimistic		X 2	$\square\square 3$	$\square\square4$	Pessimistic
Assertive	X 1	$\square\square$ 2	$\square\square$ 3	$\square\square 4$	Passive
Leader	X 1	$\square\square$ 2	$\square\square 3$	$\square\square4$	Follower
Easy going		X 2	$\square\square 3$	$\square\square 4$	Controlling, rigid

FAMILY HISTORY Maternal Uncle of Donor

Year of Birth: 1962				Place of Birth: US/	٩
Racial Group: X Caucasian		∃Black	□ □ Asiaı	n 🗆	Other
If Jewish:	□□ Ashkenaz	i	□ □ Sephardic	□ □ Or	iental
Height: 5'10" Weight:	165lbs Eye	Color: hazel	Hair Color: brown	n	
Hair: □ □ Balding □ □ Thin X Average □ □ Thick	Hair Type: □□ Curly X Wavy □□ Straight	X G	Excellent	Bone Structure: Small Medium Large Very Large	
Other distinguishing fea	atures (dimples,	cleft chin, Ron	nan nose, etc.):		
Skin Characteristics Freckles:	□None	X Few	□ Many		
☐☐ Very fair (little to X Fair (skin will tan li ☐☐ Medium (light col ☐☐ Olive (pigmentatic ☐☐ Dark (unexposed s	ghtly on sun exp or but will tan m on of unexposed	oosure) oderate to dar	k) □□Light	□□ Moderate n □□Brown	□ □ Dark □ □ Black
Occupation: General H	andyman				
Education: High School	ol Diploma				
Special Skills or Charac	cteristics: none				
Does he have any child	ren?		X No □Yes		

If yes, how many female children? male children?							
If living, describe his h	cribe his health:					□ Poor	
If deceased, give cause	and age at	time of death:					
What kind of person is Optimistic Assertive Leader Easy going	/was he?	□□2 X 2 □□2 X 2	X 3 □□3 X 3 □□3	□□4 □□4 □□4 □□4	Pessimisti Passive Follower Controllin		
			HISTORY unt of Donor	r			
Year of Birth: 1960			Place o	of Birth:	USA		
Racial Group: X Caucasian		□□Black	□□Asiar	1		Other	
If Jewish:	□□ Ashk	kenazi	□ □ Sephardic		□ □ Or	iental	
Height: 5'6" Weight:	160lbs	Eye Color: brown	Hair Color: brown	า			
Hair: □ □ Balding □ □ Thin X Average □ □ Thick	Hair Type: Cur Wav X Straigh	ly	n:] Excellent Good] Fair] Poor	Bone Str	mall dium		
Other distinguishing features (dimples, cleft chin, Roman nose, etc.):							
Skin Characteristics Freckles:	□None	X Few	□ Many				
 □ Very fair (little to no ability to tan on sun exposure) X Fair (skin will tan lightly on sun exposure) □ Medium (light color but will tan moderate to dark) □ Olive (pigmentation of unexposed skin) □ Dark (unexposed skin) □ Dark Tan □ Black 							

Occupation: Auto Par	rts office mai	nager				
Education: Some coll	ege					
Special Skills or Char	acteristics:	none				
Does she have any chi	ildren?			X Yes		
If yes, how many female children? 1 male children? 1						
If living, describe her	health:	□ □ Excellent	X Good		air	□ □ Poor
If deceased, give cause and age at time of death:						
What kind of person is	s/was she?					
Optimistic		X 2	$\square\square 3$	□□4	Pessir	nistic
Assertive		$\Box\Box$ 2	X 3	$\square\square 4$	Passiv	ve
Leader		$\Box\Box$ 2	X 3	$\square\square 4$	Follo	wer
Easy going		X 2	$\Box\Box$ 3	$\square\square 4$	Contr	olling, rigid

FAMILY HISTORY Paternal Aunt of Donor

Year of Birth: 1962	Place of Birth: USA						
Racial Group: X Caucasian				ian	□ □ Other		
If Jewish:	□□ Ashke	enazi	□ □ Sephardic		l □ Oriental		
Height: 5'6" Weight:	165lbs E	ye Color: blue	Hair Color: light b	rown			
Hair: □ □ Balding X Thin □ □ Average □ □ Thick	Hair Type: ☐ Curly ☐ Wavy X Straight	□ □ X	ion: □ Excellent □ Good Fair □ Poor	Bone Structur Small X Medium Large Very L			
Other distinguishing fe	atures (dimpl	les, cleft chin, R	doman nose, etc.):				
Skin Characteristics Freckles:	X None	□Few	□ Many				
 □ Very fair (little to no ability to tan on sun exposure) X Fair (skin will tan lightly on sun exposure) □ Medium (light color but will tan moderate to dark) □ Olive (pigmentation of unexposed skin) □ Dark (unexposed skin) □ Dark Tan □ Brown □ Black 							
Occupation: Office ma	nager for pav	ving company					
Education: Some Coll	ege						
Special Skills or Characteristics: none							
Does she have any chil	dren?		$\square\square\square$ No	X Yes			
If yes, how many fema	le children?	2	male	e children?			
If living, describe her h	nealth:	□ □ Excellen	t X Good	□ □ Fair	□ □ Poor		
If deceased, give cause and age at time of death:							
What kind of person is	/was she?						

Optimistic	$\square\square$ 1	X 2	$\Box\Box$ 3	□□4 Pessimistic
Assertive	$\square\square$ 1	$\Box\Box$ 2	X 3	□□4 Passive
Leader	$\square\square$ 1	$\Box\Box$ 2	X 3	□□4 Follower
Easy going	X 1	$\square\square 2$	$\Box\Box$ 3	□□4 Controlling, rigid

FAMILY HISTORY Paternal Aunt of Donor

Year of Birth: 1965	Place of Birth: USA					
Racial Group: X Caucasian		□□Black		□ □ Asia	an	□ □ Other
If Jewish:	□□ Ashke	enazi		☐ Sephardic		☐ Oriental
Height: 5'6" Weight:	150 lbs	Eye Color: I	brown	Hair Color: bro	own	
Hair: □ □ Balding □ □ Thin X Average □ □ Thick	Hair Type: □□ Curly □□ Wavy X Straight		Vision:	r	Bone Structure Small Medium Large Very La	
Other distinguishing fe	atures (dimp	les, cleft chir	n, Roma	n nose, etc.):		
Skin Characteristics Freckles:	□None	X F	ew	□ M any		
☐ ☐ Very fair (little to ☐ ☐ Fair (skin will tan X Medium (light color ☐ ☐ Olive (pigmentati ☐ ☐ Dark (unexposed	lightly on su but will tan on of unexpo	in exposure) moderate to	dark)) □□Light □□Dark Ta	□□Mode n □□Brov	
Occupation: Office Ma	nager for wa	stewater con	npany			
Education: Some Colle	ege					
Special Skills or Chara	cteristics: no	ne				
Does she have any chil	dren?				X Yes	
If yes, how many fema	le children?		1	male o	children?	
If living, describe her h	nealth:	□ □ Excel	llent	X Good	□ □ Fair	□ □ Poor
If deceased, give cause	and age at ti	me of death:				
What kind of person is	/was she?					

Optimistic	X 1	$\Box\Box$ 2	$\square\square 3$	$\Box\Box$ 4	Pessimistic
Assertive	X 1		$\square\square 3$	$\Box\Box$ 4	Passive
Leader	X 1	$\Box\Box$ 2	$\square\square 3$	$\Box\Box$ 4	Follower
Easy going		X 2	$\Box\Box$ 3	$\Box\Box$ 4	Controlling, rigid

FAMILY HISTORY Paternal Aunt of Donor

Year of Birth: 1978	Place of Birth: USA				
Racial Group: X Caucasian		□□Black	□□As	ian	□ □ Other
If Jewish:	□□ Ashko	enazi	□ □ Sephardic		□ Oriental
Height: 5'6" Weight:	170lbs E	ye Color: blue	Hair Color: light b	rown	
Hair: □ □ Balding X Thin □ □ Average □ □ Thick	Hair Type: Curly Wavy X Straight	X	ion: □ Excellent Good □ Fair □ Poor	Bone Structure Small X Medium Large Very La	
Other distinguishing fe	atures (dimp	les, cleft chin, F	Roman nose, etc.):		
Skin Characteristics Freckles:	X None	□Few	□ Many		
☐ Very fair (little to X Fair (skin will tan li ☐ Medium (light co ☐ Olive (pigmentatic ☐ Dark (unexposed	ghtly on sun lor but will to on of unexpo	exposure) an moderate to o	dark) □□Light	□□Mode an □□Brov	
Occupation: Office ma	anager				
Education: Some colle	ege				
Special Skills or Chara	cteristics: n	one			
Does she have any chil	ldren?			X Yes	
If yes, how many fema	le children?		male	children? 1	
If living, describe her h	nealth:	□ □ Exceller	nt Good	X Fair	□□Poor
If deceased, give cause	and age at t	ime of death:			
What kind of person is	/was she?				

Optimistic		$\Box\Box$ 2	X 3	$\square\square4$	Pessimistic
Assertive	$\square\square$ 1	\square \square 2	X 3	$\square\square4$	Passive
Leader		$\square \square 2$	X 3	$\Box\Box4$	Follower
Easy going		X 2	$\square\square 3$	$\square\square4$	Controlling, rigid

FAMILY HISTORY Paternal Uncle of Donor

Year of Birth: 1963				Place of Birth: USA			
Racial Group: X Caucasian		□□Black	Κ.	□ □ Asia	an	□ □ Other	
If Jewish:	□□ Ashk	enazi		☐ Sephardic		□ Oriental	
Height: 5'9" Weight:	160 lbs	Eye Color:	brown	Hair Color: bro	wn		
Hair: □ □ Balding □ □ Thin X Average □ □ Thick	Hair Type: ☐ ☐ Curly X Wavy ☐ ☐ Straig		Vision: □ □ E □ □ C X Fai: □ □ P	r	Bone Structure Small X Medium Large Very L		
Other distinguishing fe	atures (dimp	oles, cleft chi	in, Roma	n nose, etc.):			
Skin Characteristics Freckles:	X None	□F	ew	☐ Many			
☐ Very fair (little to X Fair (skin will tan li ☐ Medium (light col ☐ Olive (pigmentatio ☐ Dark (unexposed s	ghtly on sun or but will to on of unexpo	exposure) an moderate	to dark)		□□Modo an □□Bro		
Occupation: Contract i	manager for	NAVSEA					
Education: High School	ol Diploma						
Special Skills or Chara-	cteristics: n	one					
Does he have any child	lren?				X Yes		
If yes, how many fema	le children?	1		male	children? 2		
If living, describe his h	ealth:	□□Exce	ellent	X Good	□□Fair	□ □ Poor	
If deceased, give cause	and age at t	ime of death	1:				
What kind of person is	/was he?						

Optimistic		X 2	$\Box\Box$ 3	□□4	Pessimistic
Assertive	X 1	$\Box\Box$ 2	$\Box\Box$ 3	$\square\square 4$	Passive
Leader	X 1	$\Box\Box 2$	$\Box\Box$ 3	$\square\square 4$	Follower
Easy going		X 2	$\Box\Box$ 3	$\Box\Box4$	Controlling, rigid

FAMILY HISTORY Paternal Uncle of Donor

Year of Birth: 1967			Place	of Birth: USA	
Racial Group: X Caucasian		□ □ Black	□□Asi	an 🗆 [☐ Other
If Jewish:	□□ Ashker	nazi	□ □ Sephardic		riental
Height: 5'9" Weight:	160 lbs	Eye Color: brown	Hair Color: bla	ack	
Hair: □ □ Balding □ □ Thin X Average □ □ Thick	Hair Type: ☐ ☐ Curly X Wavy ☐ ☐ Straigh	X G t □ □	l Excellent	Bone Structure: Small X Medium Large Very Large	
Other distinguishing for	eatures (dimple	es, cleft chin, Ror	nan nose, etc.):		
Skin Characteristics Freckles:	□None	X Few	□Many		
☐☐ Very fair (little to X Fair (skin will tan l ☐☐ Medium (light co ☐☐ Olive (pigmentat ☐☐ Dark (unexposed	ightly on sun e blor but will tar ion of unexpos	xposure) n moderate to dar ed skin)	k) □□Light	□□ Moderate an □□Brown	□ □ Dark □ □ Black
Occupation: Car Sales	sman				
Education: High Scho	ool Diploma				
Special Skills or Chara	acteristics: no	ne			

Does he have any child	dren?		$\square\square\square$ No	X Yes	
If yes, how many fema	ale children?	Ĩ	male	children?	Ī
If living, describe his l	nealth:	□ □ Excellent	X Good		air 🗆 🗆 Poor
If deceased, give cause	e and age at ti	me of death:			
What kind of person is	s/was he?				
Optimistic		$\square\square 2$	X 3	$\square\square 4$	Pessimistic
Assertive		X 2	$\square\square 3$	$\square\square 4$	Passive
Leader		$\square\square 2$	X 3	$\square\square 4$	Follower
Easy going		$\square\square 2$	X 3	$\square\square4$	Controlling, rigid

In Your Own Words...

What did you do immediately after high school?

- Immediately after high school I went off to college, and being the undisciplined 18 year old I was, I returned home after a semester and went to community college and worked until I decided to join the Navy.

Which words describe your personality and character?

- Curious, easygoing, snarky, helpful, empathetic

Which sports do you like to participate in?

- Cycling

Which sports did you play as a child?

- Soccer, baseball, lacrosse

Which sports do you enjoy watching?

Hockey, lacrosse, football

Do you play any musical instruments?

Guitar, piano, bass guitar

What is your most memorable childhood experience?

- Scuba diving with the Venture Crew I was a part of. We spent an entire week living on a sailboat and scuba diving at least twice a day in the Florida Keys.

To which countries have you traveled?

Canada

Describe one of your favorite vacations to another country:

- I went to a four-day yoga, hiking, and music festival called Wanderlust in Whistler, BC. We spent the weekend doing mountaintop yoga, going on stunning hikes, and just enjoying the beautiful scenery. It was amazing.

Describe things you like the most about your own country:

- I like how people from the US can bond together quickly, especially in times of need. I also think people in this country are generally nice, friendly, and willing to help someone in need.

Describe a few of your strong sides:

I'm logical, calculating, and come at problems with a scientific mind. I love to be active, and exercise regularly. I often pay great attention to the feelings of others, when making a decision considering them.

Describe a few of your weak sides:

 When I pay attention to the feelings of others, it is usually more to friends or acquaintances, rather than those closer to me. I am often forgetful, and when insecure, can quickly become defensive.

Donor Essay

Why do you want to be a donor?

I wanted to be a sperm donor mostly to make a little extra money to save for vacations for my girlfriend and I. In addition, I'm glad that the way I make that money can help people who want to have a child but for whatever reasons, can't. Everyone has the right to a family, and I feel good about being able to play a part. I am also intrigued and kind of fascinated by the fact that people I've never met have the ability to procreate using my genetic material. Sperm donation is a wonderful resource that modern science has made possible.

Describe your relationship with your family. How has your family shaped your values and who you are today?

My relationship with my parents was mostly good-natured, and I have fond memories of my childhood and the things they were able to provide for me. My parents taught me good morals and values, and my dad's martyr-like attitude for his family has helped me empathize much more effectively. He also made sure that we were thorough in all our work, and helped me develop an excellent attention to detail. Even though we had a good life, my family wasn't the most direct with discussing feelings. I wish I had more discussions with my parents about how I felt, and how to deal with my emotions, instead of the traditional "bottle them up" approach. I think that this has made me a little harder to communicate with.

What makes you unique?

I think the random combination of experiences we all encounter makes everyone starkly unique. No matter who they are, no person will ever have the same experiences, with the same perception, in the same order as another. I think this makes just about every single thing about a person unique, regardless of the worldviews they have developed as a result.

What are you most proud of and why?

I am most proud of the analytical mind I have developed as a result of my father's guidance. It helps me ground myself, and come at an idea from a logical standpoint.



The Keirsey Temperament Sorter® II Classic Temperament Report

Report prepared for: Donor 1341

Friday, August 5, 2016



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Name:



Temperament: Artisan ™
Type: Performer (ESFP)

In a world filled with unique individuals, when it comes to personality there are only four different temperaments and sixteen types of people. Understanding these personality types and mastering your own can be the keys to achieving your goals.

Your temperament is the Artisan (SP). There are many Artisans, perhaps 30 to 35 percent of the population. This is a lucky thing for

Artisan	Guardian	Rational	Idealist
Promoter	Supervisor	Fieldmarshal	Teacher
(ESTP)	(EST3)	(ENTJ)	(ENFJ)
Crafter	Inspector	Mastermind	Counselor
(ISTP)	(ISTI)	(INTJ)	(INFJ)
Performer	Provider	Inventor	Champion
(ESFP)	(ESFJ)	(ENTP)	(ENFP)
Composer	Protector	Architect	Healer
(ISFP)	(ISFJ)	(INTP)	(INFP)

the rest of us, because Artisans create much of the beauty, grace, fun, and excitement in life. Your particular personality type, the Performer (ESFP), makes up something over 8 to 9 percent of the population -- another fortunate thing since you bring pleasure to those around you.

This report is designed to help you understand how the needs and preferences of your temperament shape who you are and how you behave. Based on more than 50 years of research by Dr. David W. Keirsey, the Keirsey Temperament Sorter-II has been completed by millions of people worldwide.

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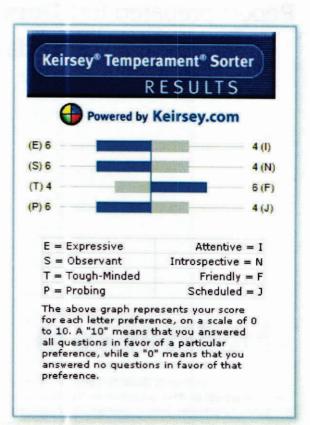
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- · At Work with the Four Temperaments
- · Finding the Right Workplace

Love & Relationships

- About You
- About Your Partner

What Each Letter Means

FAQs





About Your Artisan Temperament

There are four types of Artisans (SPs): Promoters, Crafters, Performers, and Composers. These four personality types share several core characteristics. Firstly, Artisans are fun loving, optimistic people focused on the here and now.

Artisans are typically bold, spontaneous individuals who trust their impulses to lead them forward into life's adventures. Members of this group don't simply want to walk through the world. They want to make a real splash. As a result, Artisans

The Four Types of Artisans Are:

- Promoter (ESTP)
- Crafter (ISTP)
- Performer (ESFP)
- Composer (ISFP)

are typically pretty memorable people. Excitable and often unconventional, Artisans seek out the stimulation of new experiences more than others do. They want to try -- and even master -- the great variety of activities that life has to offer. In their personal lives, upbeat, curious natures can make Artisans playful mates and creative parents. Professionally, their combination of realism and risk-taking can make these individuals troubleshooting leaders. Overall, Artisans prize the kind of freedom that allows them to live for the moment and seize the day.

All Artisans share the following core characteristics:

- Artisans tend to be fun-loving, optimistic, realistic, and focused on the here and now.
- Artisans pride themselves on being unconventional, bold, and spontaneous.
- Artisans make playful mates, creative parents, and troubleshooting leaders.
- Artisans are excitable, trust their impulses, want to make a splash, seek stimulation, prize freedom, and dream of mastering action skills.

An Overview of the Other Three Temperaments

Guardians are the cornerstones of society, for they are the temperament given to serving and preserving our most important social institutions. Guardians have natural talent in managing goods and services -- from supervision to maintenance and supply -- and they use all their skills to keep things running smoothly in their families, communities, schools, churches, hospitals, and businesses.

Idealists, as a temperament, are passionately concerned with personal growth and development. Idealists strive to discover who they are and how they can become their best possible self -- always this quest for self-knowledge and self-improvement drives their imagination. They want to help others make the journey as well. Idealists are naturally drawn to working with people, and whether in education or counseling, in social services or personnel work, in journalism or the ministry, they are gifted at helping others find their way in life, often inspiring them to grow as individuals and fulfill their potentials.

Rationals are the problem solving temperament, particularly if the problem has to do with the many complex systems that make up the world around us. Rationals might tackle problems in organic systems such as plants and animals, in mechanical systems such as railroads and computers, or in social systems such as families, companies and governments. Whatever systems fire their curiosity, Rationals will analyze them to understand how they work, so they can then figure out how to make them work better.

Being a Performer

Performers like you have the special ability to delight those around you with your warmth, good humor, and talents. Your type is well known for being skilled in areas like music, comedy, and drama. Whether on the job, with your friends, or with family, you can be an exciting person to be around.

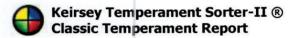
As a Performer, one could say that for you "all the world is a stage." Often it seems that your greatest social interest lies in stimulating those around you to take a break from work and worry. Mostly you want others to lighten up and enjoy life. A born entertainer, you usually love the excitement of playing to an audience. As a result, you can quickly become the center of attention almost anywhere you go.

Your type isn't particularly comfortable being alone. In most circumstances, you'd much prefer to seek out the company of others. Because you can be smooth, talkative, and witty, this usually isn't too difficult a task. Performers like you always seem to know the latest jokes and stories. It seems that nothing is so serious or sacred that it can't be made fun of. This lively, irreverent nature can make you a wonderful playmate. By instilling a kind of "eat, drink, and be merry" attitude in others, you're likely known as the life of the party.

If you've noticed that you have the Performer's propensity for life in the fast lane, you may find that you somehow always stay up on the latest fashions, food, and music. This talent for enjoying the good life is healthy for the most part. However, it can also make you more subject to less wholesome temptations. At times, pleasure may seem to be an end in itself. Feeling that variety is the spice of life, you may be open to try almost anything that promises a good time. When you find yourself at such crossroads, try to remember that all actions have consequences. This can be easy to disregard in the excitement of the moment.

Like the other Artisans, Performers like you are incurably optimistic. "Always look on the bright side" could well be your motto. When troubles do arise, you'll typically avoid worrying about them by ignoring them as long as possible. Sometimes this tactic works like a charm. Other times, not so much.

You're one of the most generous of all the types, and second only to the Artisan Composers (ISFPs) in terms of kindness. Those in your life have probably noticed that you don't have a mean or stingy bone in your body. Saving and conserving don't seem to hold the same kind of focus in your life as they do for many people. As a result, you're the type who's able to give what you have without expectation of reward. This generous nature applies as much to love as it does to money or possessions. In so many ways, Performers like you seem to view life as an eternal cornucopia from which flows an endless supply of pleasures.



Famous Performers

Did you know that Elvis Presley and Elizabeth Taylor are both Performers too? It's not so surprising when you think about it.



Elvis Presley was known as "the King" and brought audiences to their feet for decades with his masterful, and at times outrageous, performance style.



Elizabeth Taylor is an actress known for being one of the true stars of her generation. Today, though no longer on the screen, she continues being a Performer though her dramatic and well-publicized personal life.

Work and Career

Your Ideal Work Environment

Even at work your motto could be, "Let me entertain you. Let me make you smile." In fact, bringing playfulness and ease to situations can be one of your greatest contributions on the job.

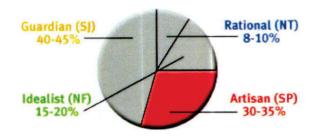
Because of your gift for creative, diplomatic expression, your ideal position might include tasks that allow you to apply your communications talent for the good of the organization. Your expressive nature can make you feel stifled in reserved or formal environments. When you find yourself in such places, you may entertain yourself and others by playing the class clown. This may endear you to your colleagues but likely not to your superiors.

Like other Artisan professionals, you're wired to seize freedom and spontaneity in your work. You can hunger for the liberty to play, create, and act on your impulses. As a result, Artisans like you typically thrive in "action" occupations -- those that involve precision, endurance, strength, boldness, and timing.

At Work with the Four Temperaments

At Work with Artisans

Artisans (SPs) are wired to seize freedom and spontaneity. They hunger for the liberty to act on their impulses, to play, and to create. They make up about 30 to 35% of the population.

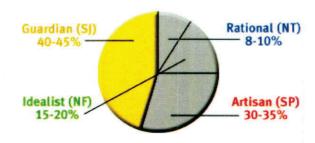


In business, Artisans are crisis managers and troubleshooters. They can be experts at solving problems and doing what is necessary, whether they are expressly permitted to or not. They are practical, resourceful, flexible, and risk-taking individuals. Co-workers are apt to enjoy their creativity and verbal wit but may perceive Artisans as indecisive or even as troublemakers.

When working on a team with other Artisans, you may want to consider input from people from the other three temperament groups. In your quest to achieve your objectives, you, like your fellow Artisans, often disregard rules, regulations, and organizational structure you perceive as getting in the way. While you may achieve your tactical goals, team members of the other temperaments can make sure you don't burn any bridges or light additional fires in the process.

At Work with Guardians

Guardians (SJs) are wired to seek belonging to a group or community. They often stabilize relationships and institutions through their responsible, conventional behavior. They make up about 40 to 45% of the population.

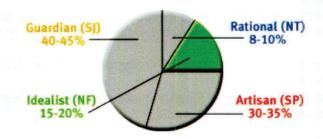


At work, Guardians tend to be administrators and managers. They can be experts at doing what needs to be done in the manner it must be done. They are dependable, accountable, realistic, and service-oriented. Co-workers likely appreciate their desire to belong and contribute but may perceive Guardians as being either slave drivers or sticks-in-the-mud.

You may find working with Guardians a little frustrating at times. As an Artisan, you are actionoriented and tend to ignore red tape wherever possible. Guardians, on the other hand, are very conscious of rules, regulations, and organizational structures and will tend to expect you to toe the line.

At Work with Idealists

Idealists (NFs) are wired to pursue personal growth, authenticity, and integrity. They can yearn both to develop fully as individuals and to facilitate growth in others. Idealists make up 15 to 20% of the population.

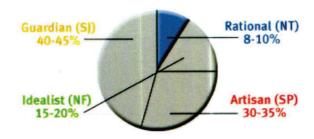


In work environments, Idealists are usually positive, helpful, and people-oriented. They can be experts at dealing with the human resource concerns of an organization, whether these issues are part of their job description or not. Idealists are warm, idealistic, caring individuals. Coworkers are apt to appreciate their authenticity and loyalty to the human side of the business but may perceive Idealists as not being effective enough or even as being flaky.

Idealist co-workers may frustrate you on occasion through your perception that they aren't as focused on present realities and are less action-oriented than you. Idealists believe strongly in cooperative effort and may be ruffled by your strongly competitive nature.

At Work with Rationals

Rationals (NTs) are wired to acquire competence and intelligence. Ordinarily they strive to learn, know, predict, and control the resources and ideas in their environment. They make up a little less than 10% of the population.



In the workplace, Rationals are often the researchers and strategists. They can be experts at conceptualizing and seeing the big picture, as well as architecting and implementing the necessary systems. They are logical, precise, independent individuals who usually are responsive to new ideas. Co-workers often appreciate their ingenuity and competence but may perceive Rationals as being impersonal and not good with follow-through.

You will likely be fairly comfortable working with most Rationals. Like you, they have little regard for most rules and procedures, discarding either whenever they find something they see as working better. They will tend to be more future-focused and less present in the moment than you are. As a team, your combined strength of tactics and strategy can be quite powerful.

Tips to Help You Find the Right Workplace

- Seek out a place where your talents can be used effectively without too many rules or conventions getting in the way.
- Some structured environments where competition and action are abundant (e.g., the military, law enforcement) can provide the variety and opportunity desired by some Artisans.
- Be wary of jobs that pay well but are not challenging. If the work is not enjoyable, search for alternatives.
- Don't underestimate the value of life experience you picked up beyond the parameters of formal schooling or paid work.

For Artisans, satisfaction in the workplace seems to be driven largely by flexible hours, challenging work, altruistic service, and a little bit by social opportunities like company-sponsored beer on Fridays. However, other perks like stock options or being able to bring pets to work don't appear to have much of an effect. Artisans usually work for the process of working in itself, rather than focusing toward a particular end. As a result, Artisans can become bored with routine and be quick to try new things. This trend becomes evident when looking at the very wide range of jobs that Artisans take on. Particular career choice doesn't appear to be as important for Artisans as the ability to try out new skills and roles.

Keirsey Temperament Sorter-II ® Classic Temperament Report

Artisan Performer (ESFP)

Love and Relationships

Although charm and humor are your usual style, Artisans like you are often initially attracted to more straight-laced, serious types when it comes to love. Perhaps this is because you admire people who can simply state their wishes, needs, and thoughts without making efforts to appease others.

Because you're usually such an expressive person, play and humor will also be necessary ingredients for successful love. At times, it may surprise you that your super-competent, serious mate doesn't always lighten up, even in the comfort of your relationship. For you, laughter and fun are ways of defusing tension, particularly during times of conflict. Otherwise you can become overwhelmed by the heaviness of decision-making and conflict resolution that relationships sometimes require. Even if your partner is the more serious kind, used wisely, your ability to charm and entertain will bring a sense of fun to almost any time the two of you share.

About You

You are among the most likely of all the types to react with strong emotions to changes in the relationship whether it's good news or bad news, such as proposal, pregnancy or infidelity. You are also among the most likely of the types to want to constantly touch and be touched by your mate. Your engaging and enthusiastic character is likely to be very attractive to others. You bring a sense of *joie de vivre* to everyday life which invites others to come enjoy the fun.

You have probably thoroughly enjoyed dating games. They are exciting, constantly changing, and can be a big boost to the ego. You are likely to have been good at sending signals of receptivity and getting almost anyone you've wanted. The spice of a new or potential romance can be a powerful drug. It may be difficult to transition to focusing on only one relationship.

One difficulty you may have in a relationship is that you want constant expressions of affection: you can never be praised too much or hear "I love you" too many times. This can place an impossible burden on your partner. You can probably help your mate gain skills in the wonderful world of romance. You will also want to learn to look for and recognize your partner's ways of saying you are loved.

One aspect about you that may cause your partner problems is that they may see you as never being serious. While fun and games are fantastic, there's still work to be done, bills to be paid, and children to be raised. It is important to know when to be straightforward, recognizing that seriousness does not mean disapproval.

About Your Partner

If Your Partner Is an Artisan

Artisan (SP)/Artisan (SP): Artisan/Artisan pairings are likely to be full of fun and excitement, as both partners are likely to have many interests and activities in common. Like playmates, such a couple can truly explore the pleasures of life. However, problems may occur if their fast-paced ways cause them to either exhaust one another or simply lose interest. When both partners are



Artisans, they are likely to have fairly similar views on romance, showing love, and jealousy. However, one thing that can cause jealousy is if one partner becomes too insistent upon being a game-player about love and continually focuses on other love objects in order to stimulate the other partner's jealousy to cause excitement. This may lead the other partner to retaliate or pull away. For the relationship to succeed, both will need to have some similar areas to adventure in, plus other areas where the partner allows them freedom.

What Artisans find romantic on a date: There are two kinds of dates Artisans tend to like: one is an extravagant meal at a place with a fantastic view; another is doing some sort of physical activity, such as a sport, hiking, or a board game that includes some competition and physical contact.

What Artisans look for when dating: When Artisans are dating, they tend to look for a calm, practical person to provide them stability. Sexual chemistry is very important as well. Once the relationship becomes established, they want their partner to liven up and quit being so serious.

What makes Artisans jealous: Infidelity, such as touching someone else inappropriately, will make them very jealous. Another thing that makes Artisans jealous is if the partner gives gifts to others or makes an extravagant gesture for someone else.

How Artisans show jealousy: Artisans are the most likely temperament to react physically, such as throwing the partner's belongings out, etc. If their partner starts cheating, they may cheat too. They may either compete to win their mate back or give their partner the cold shoulder.

How Artisans like to be romantic: Artisans like to be romantic with big gestures -- something unexpected and high style. Other ways they are romantic is with teasing and active flirting involving physical contact. They love sensual or exciting times, such as fine dining, gaming, or risky adventures.

How Artisans show their love: Artisans show their love with regular physical affection, including kisses, back rubs, and hugs. They also like to give gifts. They give gifts at all times of the year, and the gifts tend to be things that are not necessary but add spice to life. They like to give loved ones nicknames.

How Artisans like to be loved: One thing Artisans often appreciate is a surprise, such as leaving for a weekend getaway on a moment's notice. They like to know that their partner has been thinking about them, so gifts (even small ones) at non-traditional times are usually appreciated. They are generally very sensual and enjoy touching games.

If Your Partner Is a Guardian

Artisan (SP)/Guardian (SJ): Artisan/Guardian pairings are complementary relationships where the partners' natural tendencies can balance one another nicely. For Artisans, a responsible, concerned Guardian can seem like a real Rock of Gibraltar to ground themselves to. Guardians may rely upon Artisans to add spice to their life and to demand that they occasionally free themselves from the constraints of responsibility that they place upon themselves. However, these couples don't always see eye to eye on money matters, with Artisans wanting the



excitement of a grand gesture and Guardians desiring practicality and savings for the future. For the relationship to succeed it is necessary that they retain tolerance and goodwill on both sides and appreciate the skills each brings to the pairing.

What Guardians find romantic on a date: Guardians like to be able to see that the other person has planned ahead to make the event special. They usually like to dress up for a formal event and enjoy traditions, particularly those that have been created together as a couple, such as "their song."

What Guardians look for when dating: When Guardians are dating, they tend to look for a person who can provide fun, games, and spontaneity to balance their serious, hard-working nature. They like when their date takes risks on their behalf. After the relationship has become established, they want their partner to settle down and grow up.

What makes Guardians jealous: What is most likely to make Guardians jealous is infidelity, especially if it is done publicly so they lose face. Another thing that can make them jealous is a partner who spends what they consider to be an unacceptably large amount of money on someone or something else.

How Guardians show jealousy: A Guardian's first response is usually to try to guilt their partner into toeing the line. Other tactics include a constant monitoring of the partner's behavior, tearful pleadings, and loud demands. They may involve others to try to coerce the partner into correct behavior.

How Guardians like to be romantic: Guardians typically like traditional romantic gestures, such as flowers, chocolates, lingerie, jewelry, and mild flirting. They are especially likely to keep mementos of times spent with the loved one, such as programs, ticket stubs, and pressed flowers.

How Guardians show their love: Guardians show love by taking care of annoying details, planning for the future security of loved ones, organizing things to make them easier to use, and buying gifts. They also often like to give loved ones nicknames. They are the most likely temperament to show love by serving their partner.

How Guardians like to be loved: Guardians feel loved when their partner does a task they've been avoiding. They love gifts, but the amount of money spent is very important. It needs to be enough to show that they are valued highly but not so much that they feel resources are being wasted. Guardians feel loved when their partner willingly participates in traditions.

If Your Partner Is an Idealist

Artisan (SP)/Idealist (NF): Artisan/Idealist pairings are likely to be imaginative romps, marked by freedom, spontaneity, and sensual pleasures. The Artisans can enjoy the Idealists' sensitivity and empathy for others and their deep interest in their partner's success. The Idealists can find that the Artisans' need for action stimulates them to participate more fully in the now. Idealists may focus on the self-realization of themselves and their partners to the extent that they cease to participate in the Artisans' spontaneous adventures, while the Artisans, who have little patience for exploring their inner lives, push more and more towards having adrenaline highs.



For the relationship to succeed, both will need to find areas that don't involve each other: Artisans in areas to express their freedom and Idealists in areas for self-development.

What Idealists find romantic on a date: Romantic settings, romantic foods, and romantic things to do are all fun, but they aren't the main attraction for Idealists. Idealists want the total attention of their partner and lots of eye contact. They want reciprocity in sharing.

What Idealists look for when dating: Idealists often look for someone who seems stable emotionally. Once the relationship is established, they want their partner to become more sensitive. Idealists view dating as a time to explore the compatibility of each other's views and to see if the lightning bolt hits saying, "This is THE ONE."

What makes Idealists jealous: Emotional infidelity makes Idealists jealous. Emotional infidelity can be seen as an emotional withdrawal, or it can be when the partner becomes emotionally attached to another person, idea, or activity.

How Idealists show jealousy: The most common way Idealists show jealousy is with pleading and tears. They may beat themselves up and try to be the perfect partner so their mate won't stray. If that doesn't work, they will withdraw emotionally and turn to others.

How Idealists like to be romantic: Idealists are generally the most romantic of the temperaments. They attach romantic meaning to all kinds of ordinary events and things. What they find the most romantic is the exploration of each other's souls.

How Idealists show their love: Idealists show their love by listening and being a cheerleader for their partner. They will regularly affirm their belief in the other person, their abilities, and their innate goodness. Idealists are likely to write encouraging notes and give affection, such as squeezing hands, kisses, hugs, and back rubs.

How Idealists like to be loved: What Idealists want the most is someone to listen to what they have to say and sympathize or empathize without passing judgment or offering advice unless they ask for it. They also feel loved when a partner shares a vulnerability that the partner has, which demonstrates that they have earned trust.

If Your Partner Is a Rational

Artisan (SP)/Rational (NT): Artisan/Rational pairings can be highly practical and functional partnerships which balance acting in the day-to-day world and dreaming about future possibilities. Indeed, Artisans are often impressed by Rationals' theoretical approach to problems because it is so different from their own view of things. Rationals can enjoy the Artisans' zest for life and their drive towards action and adventure. However, these relationships can become challenging if Artisans become bored with listening to their Rational partners' ideas and theories or if Rationals' calmer, detached ways clash with Artisans' typical focus on excitement and worldly pleasure. For the relationship to succeed, both must find separate arenas to express themselves: Artisans in their need for excitement and Rationals in their need for intellectual stimulation.

What Rationals find romantic on a date: Although some Rationals find a lovely setting and good food to be romantic, what they really desire is a date in which two people spend hours



sharing ideas and dreams. Rationals also like a battle of wits and word play, such as double entendres.

What Rationals look for when dating: When Rationals are looking for a partner, they are likely to look for one who can encourage and tame their hidden emotional side. After they have settled in a relationship, they are likely to want their partner to develop a thicker skin and be more emotionally stable.

What makes Rationals jealous: In general, it is very difficult to provoke a Rational to jealousy. They allow their partners a lot of freedom and expect them to justify that trust. However, if the partner looks for intellectual stimulation from others, that may cause jealousy.

How Rationals show jealousy: Rationals are the least likely of the temperaments to show jealousy. They tend to dislike emotional scenes. Often they can deny jealousy and even be unaware of it. Their reaction is usually to withdraw or show distaste for the person's company without explanation.

How Rationals like to be romantic: Many people see Rationals as being unromantic. Some Rationals see themselves that way as well. However, most of them have a sometimes deeply hidden sentimental or romantic side. They usually need training to express themselves appropriately.

How Rationals show their love: Rationals show love by not holding onto to their partner too tightly. They give their partner lots of freedom to pursue their own ideas and dreams. Another way they show love is by treating their mate as an expert and asking them for advice on something the Rational needs for their latest big idea.

How Rationals like to be loved: Rationals love to be seen as experts and approached for advice. They appreciate partners who listen to their ideas and ask intelligent questions. They want partners who can encourage them and their ideas without being condescending. Rationals also like for their partners to be sensitive to their moods and respond accordingly.

What Each Letter Means

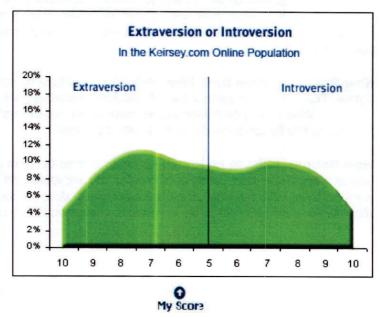
In the Keirsey Temperament Sorter-II, there are four question scales used to detect one's behavioral preferences. The scales are E-I, S-N, T-F, and J-P. No single letter should be taken as naming a "type" of person. For example, you should not label yourself or others as Expressives or E's. Each letter merely suggests stronger or weaker tendencies in a person's overall makeup, and the letters are not factors independent of each other. The pairs of letters indicate the following opposite qualities:

E	Extraverted (Expressive)	I	Introverted (Attentive)
S	Sensing (Observant)	N	Intuitive (Introspective)
Т	Thinking (Tough-Minded)	F	Feeling (Friendly)
J	Judging (Scheduled)	Р	Perceiving (Probing)

E/I Scale

The terms Extraversion (E) and Introversion (I) describe two vastly different social styles. People who score high in Extraversion on the Temperament Sorter tend to be gregarious and expressive; those scoring high in Introversion tend to be private and reserved.

People strong in Extraversion are typically more comfortable socializing with groups than being alone. They often report that they're energized by contact with other people. These individuals usually have a large circle of friends and are happy to approach others, even strangers, to talk. For people high in Extraversion, social banter is



usually an easy and pleasant thing. Interaction is something that makes them feel alive. As a result, too much quiet and seclusion can actually exhaust such people. They tend to report feelings of loneliness or power drain when not in contact with others.

On the other hand, people prone to Introversion often seem more comfortable alone than in a crowd. They tend to draw energy from private, solitary activities, including reading, listening to music, and working by themselves on their latest project or favorite hobby. Introverts usually have a few, long-time friends and can remain in contact with larger groups only so long before their energies are depleted. If their job, family, or social responsibilities require them to be

Keirsey Temperament Sorter-II ® Classic Temperament Report

Artisan Performer (ESFP)

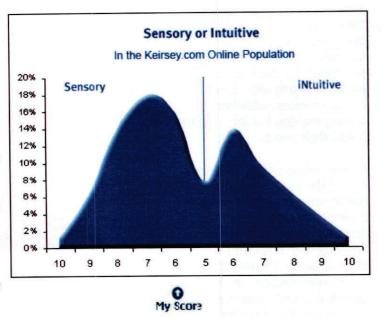
outgoing or take center stage, they can soon become exhausted and need down time in quiet places to rest and recharge their batteries.

Remember, however, that no one is simply an Extravert or an Introvert. These terms are merely end points on the E-I scale, with most everyone falling somewhere in between. Most individuals embody a mixture of these two social styles. Also, different tasks or roles at work or in the family can bring out more Extraversion or Introversion in a person. This dimension of personality, more than the other three, is fluid and situational.

S/N Scale

The **S**ensory/**I**ntuitive (S-N) scale on the Temperament Sorter differentiates between two distinct kinds of human focus. People with high Sensory scores pay more attention to what is going on outside themselves in the world of concrete things; people with high Intuitive scores pay more attention to what is going on inside themselves in the abstract world of ideas.

Sensory people make up the vast majority of the population -- upwards of 75%. These people seem more at home in the material world, where they spend their time looking after the business of everyday living: food and clothing, transportation and



shelter, job and family, recreation and social life. With their eye on physical realities, they tend to see all the particulars of what is right in front of them. They typically focus on what's happening in the here and now or what has happened in the past, rather than speculating about future possibilities. These are practical, down-to-earth people who want facts, trust facts, and remember facts. They believe in common sense and usually trust that experience is the best teacher.

In contrast, people who are strongly Intuitive seem more at home in the abstract, conceptual world of ideas. Intuitive types deal in inferences, theories, daydreams, musings, speculations, and symbols -- things that can only be seen with the mind's eye. In fact, because they're so often focused on their internal world, these individuals can sometimes miss a great deal of what's going on around them. For highly Intuitive people, reality is not a solid, present thing, but is more a mental image or a stage of development toward some future ideal. The possible almost always looms large for Intuitive people: whatever "is" can be better. They can be fascinated by hypotheses and potentials. They are also often absorbed by their vivid and complex imaginations. The S-N scale measures the most fundamental of the four dimensions of

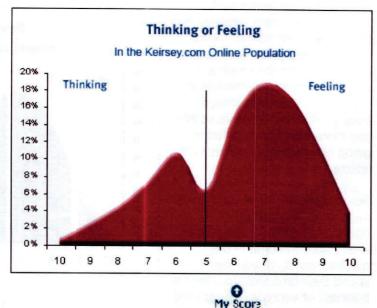
personality. It's the first cut, so to speak, in evaluating one's type.

However, this delineation doesn't mean that being Intuitive or Sensory is an either/or proposition. Intuitive individuals certainly turn outward at times and pay attention to the world at large; they're just far more inclined to become preoccupied with their own ideas. So, too, Sensory people do sometimes look inward to ponder and to dream. However, for the most part their flights of imagination lag well behind their real-world observations. Neither type can occupy both worlds at once, and each will usually show a clear preference for one over the other.

T/F Scale

The Thinking/Feeling (T-F) scale assesses how people govern themselves and make decisions. Everyone has both thoughts and feelings. However, those who score high on Thinking tend to use their heads more when making choices, while those scoring high on Feeling tend to follow their hearts.

People falling on the Thinking end of the scale tend to be more comfortable basing their actions on impersonal, objective factors. Thinking people can be critical and exacting, both with themselves and others. They're often convinced only by hard data and sound reasoning. Individuals who score highly in



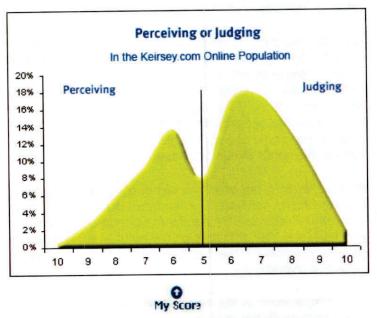
Thinking tend to be frank and straightforward. They are the kind of people who are usually willing to speak their minds and stick to their guns, even if it causes conflict with others. They're known for being tough-minded in their decisions, preferring to keep emotions and desires out of the process as much as possible. Thinking types do have powerful feelings, but a strong show of emotion can embarrass them. As a result, they'll usually keep their feelings in check rather than appearing to lose self-control, even at the risk of seeming hard-nosed or cold.

In contrast, people on the Feeling end of the scale are typically more comfortable basing their actions on personal, emotional factors. When considering their course, this type will consult their feelings first and will almost always show concern for others. For the most part, these individuals are sympathetic and sentimental. As a result, they can often be swayed by powerful desire or a touching appeal. Feeling people tend to be softhearted when making decisions. They don't like to hurt anyone's feelings. It's not that Feeling individuals necessarily have more or deeper emotions than those on the Thinking end of the scale. They simply let their feelings show more easily. This tendency makes them seem warmer and friendlier, which in turn can give them an easier time getting along with others.

J/P Scale

The Judgment/Perception (J-P) scale measures how people process information and arrange their lives. Those who score high on Judgment tend to make up their mind quickly and commit to schedules, while those scoring high on Perception prefer to keep their options open and their timetables flexible.

People strong in Judgment waste no time forming opinions or drawing conclusions. They often report feeling a sense of urgency until a decision is made and can rest only after everything is settled. Closure and finality are important to these individuals, as is orderly procedure. As a result, they can be quick to make



schedules, agendas, or timetables for themselves and others to follow. People strong in Judgment will establish deadlines and take them seriously, expecting others will do the same. They're usually comfortable with routines and can be willing to do all sorts of maintenance and cleaning up after a task, feeling that these are necessary steps for a job's completion. For this type, neatness counts. They usually feel unhappy or unsettled when their personal space is a mess. Straightening things up is often near the top of their to-do list.

For their part, people given to Perception keep their eyes open to what's around them, gathering information and looking for opportunities and alternatives that might be available. They usually feel no hurry to nail things down or settle on a finished product. Instead, they tend to prefer exploring possibilities. These individuals are often playful and spontaneous in action. Schedules can make them feel hurried and over-controlled; they tend to look upon deadlines as mere reminders to get on with the job. Also, people high in Perception prefer their work to be enjoyable and meaningful. If a task of routine maintenance or clean up falls to them, they may balk at doing it or leave it to someone else. Easy-going, even somewhat impulsive, these people are usually quite tolerant of mess. Their personal spaces are often cluttered with an assortment of things they've picked up, used, then dropped and forgotten about.

Frequently Asked Questions

What Is Temperament?

There are two sides to personality: temperament and character. Temperament is a set of inclinations we are born with, while character is a set of habits we acquire as we grow and mature. Temperament is predisposition, hardwired in from birth; character is disposition, developed over a lifetime. Thus, those of the Artisan temperament are predisposed to impulsive action, those of the Guardian temperament to responsible service, those of the Idealist temperament to personal development, and those of the Rational temperament to objective analysis. Each type of person, unless blocked or deflected by an unfavorable environment, will develop the habits of character appropriate to his or her temperament.

Put another way, our brain is a sort of computer that has temperament for its hardware and character for its software. Our hardware is the physical base of our personality, placing on each of us an unmistakable temperament signature, some facets of which can be observed from a very early age. Our software, on the other hand, is made up of our individual experiences and social environment -- the forces around us that, with time and occasion, give shape to our individual character.

Thus temperament is the inborn form of human nature and character is the emergent form that develops through the interaction of temperament and environment. Personality, your unique personal style, is a combination of the two.

How Can the Temperament Sorter Help Me?

Fundamentally, the Temperament Sorter helps you to do two things: understand your own temperament and gain insight to other peoples.' Possessing this valuable knowledge of human nature can have a variety of far-reaching effects on your life.

In the work world, being savvy about your temperament can lead you to a clearer understanding of your natural role and functions within an organization. It can also help you better capitalize on your personal strengths to build your success. By comprehending your coworkers' temperaments and how each temperament relates, you can begin to master your interactions with supervisors and staff. In addition, being able to interpret others' innate styles can help you to meet their implicit expectations, as well as increase your own leadership abilities.

In your personal life, being knowledgeable about temperament can help you build strong, lasting ties with others. This is true because it aids you in anticipating your loved ones' needs and respecting their different ways of dealing with life. When you are responsive to others, you will naturally be looked upon as dependable, responsible, helpful, and empathetic. These are all wonderful qualities to bring to your personal relationships. In addition, coming to terms with your own temperament and innate tendencies can bring new levels of wisdom and self-knowledge to all of your interactions, as well as identify how your particular temperament impacts and influences others.