

# THE 3-PART PERSONALITY TEST

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A STEP-BY-STEP GUIDE TO HELP YOU  
EXPLORE YOUR CHARACTER.



Lars

# 3-Part Personality Test

The test is split into 3 parts, each part delivered separately and completed in order.

## Part 1

I would like you to think of someone you admire.  
This should be someone who you think has a great personality, perhaps you like how they present themselves and how they live their life.

It should be someone you respect, someone who you think has a good life, maybe even envious of.  
Please take some time to ponder on the person you choose, there is no need to rush.  
They can be a family member, celebrity, author, politician, fictional or non-fictional, alive or deceased.  
Anyone is fine and there is no good or wrong answer.

next....

I would like you to take a look at the list of personality traits below and choose 10 that you think best describe the person you have chosen. (you can add your own).

Grab a piece of paper and write down their top 10 traits in order of dominance.

<b>1. Kindness</b> Doing favors, helping others, taking care of them.	<b>13. Attractiveness</b> Noticing beauty, excellence, self care
<b>2. Love/caring</b> Warm, genuine, values close relationships	<b>14. Gratitude</b> Expresses thanks, feels thankful
<b>3. Social &amp; emotional Intelligence</b> Aware of their own and others feelings	<b>15. Hope</b> Future minded, optimistic
<b>4. Career focused</b> Puts work before themselves and family	<b>16. Sense of humor</b> Playful, brings smiles to others.
<b>5. Fairness</b> Doesn't let feeling bias decisions	<b>17. Spirituality</b> Searches for meaning, feels a sense of purpose
<b>6. Leader</b> Organises activities, encourages groups to get things done	<b>18. Forgiveness</b> Accepts others shortcomings, Gives second chances
<b>7. Creative</b> A problem solver, artist, hobbyist	<b>19. Humility</b> Modest,
<b>8. Active</b> Health and fitness, sports	<b>20. Trustworthy</b> Discreet, reliable,
<b>9. Common sense</b> A critical thinker, open minded	<b>21. Self-reliance</b> Their own person, happy alone
<b>10. Love of learning</b> Masters new skills, adds to knowledge	<b>22. Bravery</b> Doesn't shrink from fear, risk taker
<b>11. Perspective, open-minded</b> Wise, Provides counsel, sees bigger picture	<b>23. Perseverance</b> Persistent, finishes what they start
<b>12. Zest</b> Enthusiastic, energetic, explorer	<b>24. Honesty</b> Authentic, trustworthy, sincere



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## Part 2

I would like you to go through the 24 points below and score yourself out of 10.

0 - Not relevant  
10 - Describes you perfectly

Do not take too much time doing this, whatever pops into your mind first.

*next....*

On your piece of paper write down the top highest scored traits in order, high score to low.

<b>1. Kindness</b> Doing favors, helping others, taking care of them.	<b>13. Attractiveness</b> Noticing beauty, excellence, self care
<b>2. Love/caring</b> Warm, genuine, values close relationships	<b>14. Gratitude</b> Expresses thanks, feels thankful
<b>3. Social &amp; emotional Intelligence</b> Aware of their own and others feelings	<b>15. Hope</b> Future minded, optimistic
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## Part 3

Visit the below address, register, and then complete the survey.

<http://marklavallee.pro.viasurvey.org>

## The method

These three steps have been designed to make you think about what traits you admire in other people, compare them to yourself and confirm your traits with a personality test.

Often when we are trying to develop ourselves, it's by looking at others that we can focus on what we are lacking.

Compare the list of traits from Step 1 to the traits from Step 2.

(An additional step you can add here is to ask someone close to you to look at the trait list and choose 10 traits that they feel apply to you, this removes any unrealistic ideas you have about yourself).

Hopefully, the traits from step 1 and step 2 are closely correlated, if they are not, then you have an indication of the areas within your personality you can develop.

I assure you that all of the traits on the list can be worked on and developed.

Finally, compare the list of traits to your results from the personality test.

If you would like me to take a look and help you with personality development you can message me through the online course Q&A.

*next....*

If you would like to delve further into your personality then the VIA Institute of Character have a few free tests you can do.

In addition, I'd highly recommend discovering your love language at <https://5lovelanguages.com/quizzes/love-language>  
16 personalities also have a great test at <https://www.16personalities.com/free-personality-test>.

And...

You can also discover your attachment style. Your attachment style is how you attack relationships, show love and can highlight issues.

But a word of caution with your attachment style, many people place too much value on it and forget that it is constantly changing. It's also very hard to work out someone else's attachment style in an unbiased way so please don't try to evaluate failed relationships through this method.

The test is here: <https://www.attachmentproject.com/attachment-style-quiz/>



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