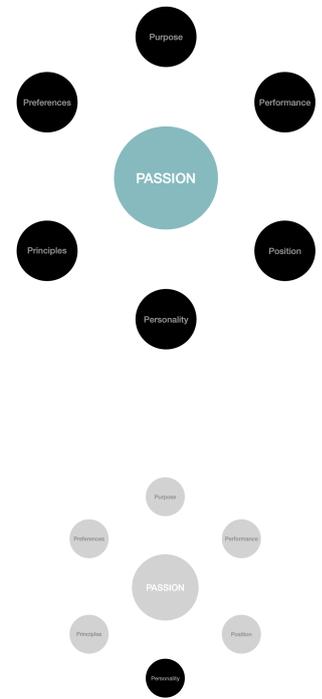


PATH-2-PASSION FRAMEWORK™



MODULE 1 - KNOWING WHO YOU ARE

SESSION 1: UNDERSTANDING YOUR PERSONALITY (TEMPERAMENT)

APPENDIX 1

EXERCISE 1.1.2

Top 5 “strengths” and Top 5 “weaknesses” of all four the temperaments.

CHOLERIC

Top 5 Choleric Strengths:

1. Decisive & Goal-Oriented – Takes action quickly, driven by clear objectives.
2. Natural Leader – Confident, commanding presence, thrives in positions of authority.
3. Highly Productive – Energetic, focused, persistent in completing tasks.
4. Analytical & Strategic Thinker – Sees the big picture, systems-oriented, logical.
5. Independent & Self-Reliant – Doesn’t need much external validation and thrives on autonomy.

Top 5 Choleric Weaknesses:

1. Insensitive to Others’ Emotions – Prioritizes logic and results over feelings.
2. Controlling & Domineering – Struggles to delegate or submit to authority.
3. Impatient & Easily Angered – Quick-tempered and frustrated by inefficiency.
4. Argumentative & Intolerant – Enjoys conflict and struggles with diplomacy.
5. Workaholic Tendencies – Overworks, rarely slows down and is prone to burnout.

Top 5 Sanguine Strengths:

1. Charismatic & Enthusiastic – Brings life and energy to any room or group.
2. Sociable & Friendly – Builds connections easily, highly relational.
3. Creative & Expressive – Imaginative, entertaining, great at storytelling and innovation.
4. Optimistic & Uplifting – Has a naturally positive outlook on life.
5. Adaptable & Fun-Loving – Welcomes change and finds joy in spontaneity.

Top 5 Sanguine Weaknesses:

1. Easily Distracted & Disorganized – Struggles to finish what they start.
2. Impulsive & Emotion-Driven – Makes decisions based on feelings rather than logic.
3. Inconsistent & Undisciplined – Needs help sticking to routines or commitments.
4. Overcommits & Forgets Responsibilities – Wants to please but often lets others down unintentionally.
5. Craves Stimulation – Gets bored easily, may chase excitement to an unhealthy degree.

 **PHLEGMATIC** 

Top 5 Phlegmatic Strengths:

1. Peaceful & Calm – Brings stability and a soothing presence to any environment.
2. Kind & Compassionate – Genuinely cares for others and seeks harmony.
3. Reliable & Steady – Consistent, dependable, doesn't quit easily.
4. Good Mediator – Excellent at resolving conflicts with empathy and patience.
5. Observant & Rational – Sees the whole picture, notices subtle details and dynamics.

Top 5 Phlegmatic Weaknesses:

1. Indecisive & Reluctant – Avoids making decisions or taking initiative.
2. Avoids Conflict – May suppress their needs to maintain peace.
3. Passive-Aggressive Tendencies – Bottled-up emotions may surface indirectly.
4. Resistant to Change – Prefers comfort and familiarity, struggles with uncertainty.
5. Procrastinates & Lacks Drive – May struggle with motivation and assertiveness.

Top 5 Melancholic Strengths:

1. Detail-Oriented & Analytical – Thorough, meticulous and precise.
2. Deep Thinker & Feelings-Oriented – Highly reflective, emotionally rich.
3. Creative & Artistic – Often gifted in design, writing, music or art.
4. Conscientious & Idealistic – Holds high standards and strives for excellence.
5. Loyal & Dependable Friend – Builds deep, lasting relationships based on trust.

Top 5 Melancholic Weaknesses:

1. Perfectionistic & Overly Critical – Hard on themselves and others.
2. Prone to Depression & Guilt – Deep emotions can lead to pessimism or moodiness.
3. Introverted & Withdrawn – May isolate when overwhelmed or misunderstood.
4. Overthinks & Worries – Struggles with “what ifs” and future anxieties.
5. Difficulty Letting Go – Tends to dwell on hurt or failure for a long time.