

What Are Your Leadership Traits?

Following are several self-assessment questions that might be useful in determining whether you will face particular great challenges in riding the waves of management and leadership. Please write “yes” or “no” to each of the 12 questions before reading further.

1. When something goes against you, do you often find yourself venting your frustration?
2. Do you enjoy (or as a child did you enjoy) roller coasters or other thrill rides?
3. Do you often find yourself procrastinating over work?
4. Do you consider yourself moody; sometimes rather up, sometimes rather down?
5. Would you generally prefer going out and partying with friends rather than staying at home with a good book or movie?
6. Do you often find yourself apologizing to others because you forgot to do something you were supposed to do?
7. Are you generally high-strung, tense, or stressed?
8. If given a choice at a buffet, would you prefer to try exotic foods you have never heard of rather than familiar dishes?
9. When you have a task that needs to be done at work or around the house, do you tend to take a quick and dirty approach rather than a meticulous, painstaking approach?
10. After making a decision where something did not turn out as you expected, do you often feel guilty or get down on yourself?
11. Have you experimented with or regularly used two or more recreational drugs (other than alcohol) in your life?
12. Are you often late for appointments or for social plans that you have made?

If you answered “yes” to most or all of questions 1, 4, 7 and 10, you most likely score high on anxiety. You may have a tendency toward negative emotional experience; this might show up in anger, depression, a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome. You may have a tendency to easily experience unpleasant emotions such as anger, anxiety, depression, or vulnerability.

If you answered “yes” to most or all of the questions 2, 5, 8, and 11, you probably score high on “openness to experience.” A person who is high in openness to experience is may have a tendency toward sensation seeking and risk taking. High openness can be perceived as unpredictability or lack of focus. You may enjoy having your mind and senses stimulated, such as by viewing art, listening to new music, sampling exotic cuisine and reading literature and poetry. An open person likes to have variety in his/her day-to-day life and craves novelty.

If you answered “yes” to most or all of questions 3, 6, 9, and 12, you potentially score low on “conscientiousness.” Conscientiousness is a tendency to be organized and dependable, show self-discipline, act dutifully, aim for achievement, and prefer planned rather than spontaneous

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behavior. Conscientiousness also refers to planning, organization, and dependability. High conscientiousness often perceived as stubborn and obsessive. Low conscientiousness are flexible and spontaneous, but can be perceived as sloppy and unreliable.

Source: Boundless. "The Big Five Personality Traits." Boundless Management. Boundless, 21 Jul. 2015. Retrieved 03 Feb. 2016 from

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