

### **Personality Plus by Florence Littauer**

- 💡 4 Personality Types: Popular Sanguine, Perfect Melancholy, Powerful Choleric, Peaceful Phlegmatic
- 💡 No one is 100% one personality type
- 💡 Sanguines are Expressive
- 💡 Melancholies are Analytical
- 💡 Sanguines and Melancholies are both emotional
- 💡 Strengths taken to extreme are weaknesses
- 💡 I will acknowledge my faults and get to work on improving them
- 💡 I will develop a teachable spirit
- 💡 I will be grateful for differences in my relationships and will focus on improving myself rather than changing others
- 💡 I will learn to spot the talker, the doer, the thinker and the watcher
- 💡 I will remember to be patient with other types and focus on connecting with them as individuals