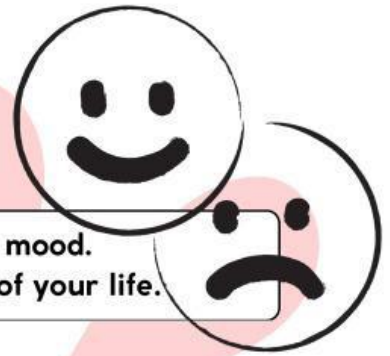


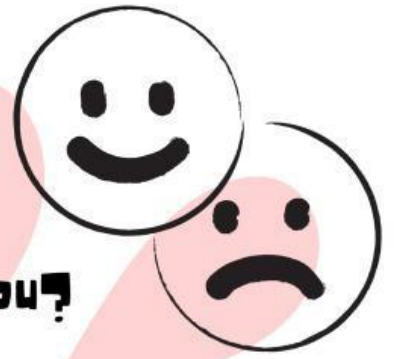
What is your mood?



- Be yourself and answer honestly to find out your personal mood.
- Discover how your personal mood influences many areas of your life.

1. You often make new friends. **YES NO**
2. Complex ideas excite you more than simple ones. **YES NO**
3. The space where you live and work is tidy and clean. **YES NO**
4. You try to stay calm even under pressure. **YES NO**
5. You are afraid of meeting new people. **YES NO**
6. You plan your tasks effectively and usually finish them before the deadline. **YES NO**
7. You like to use organisational tools such as diaries and lists. **YES NO**
8. If you make a mistake once, you doubt your abilities. **YES NO**
9. You feel comfortable approaching someone you find interesting and starting a conversation. **YES NO**
10. You try to let the day go by without any kind of schedule. **YES NO**
11. You rarely worry about making a good impression on someone. **YES NO**
12. You enjoy participating in group activities. **YES NO**
13. You actively seek new experiences and areas of knowledge to explore. **YES NO**
14. You like solitary hobbies or activities more than group activities. **YES NO**
15. You can't imagine yourself writing fiction for a living. **YES NO**
16. You tend to wait for others to introduce themselves first at social gatherings. **YES NO**
17. Your mood can change very quickly. **YES NO**
18. You often end up doing things at the last minute. **YES NO**
19. You like to discuss about ethical topics. **YES NO**
20. You tend to follow your heart and not your reason. **YES NO**
21. You find it difficult to maintain a consistent work or study schedule. **YES NO**
22. Your friends would describe you as a cheerful and outgoing person. **YES NO**
23. Te gusta tener una lista de tareas para cada día. **YES NO**
24. You avoid making phone calls. **YES NO**
25. You like to explore new ideas and points of view. **YES NO**
26. You can easily connect with people you have just met. **YES NO**
27. You are still bothered by mistakes you made a long time ago. **YES NO**
28. You are not too interested in discussing the idea of what the world will be like in the future. **YES NO**
29. Your emotions control you more than you control them. **YES NO**
30. You would love a job where you had to work alone most of the time. **YES NO**
31. You like busy environments more than quiet ones. **YES NO**
32. You often feel overwhelmed. **YES NO**
33. You prefer creative tasks rather than mechanical ones. **YES NO**
34. You are confident that things will work out. **YES NO**

What is your mood?



The four basic moods. Which one are you?



CHOLERIC people consider themselves to be confident, competitive and ambitious. They are natural leaders and tend to act quickly when making decisions.

They are outgoing and motivated by a desire for control and power.

between
0 - 2



PHLEMATIC people consider themselves to be calm, peaceful and content.

They are stable, patient and kind.

They prefer to avoid conflict and maintain a harmonious atmosphere.

between
3 - 5



MELANCHOLIC people are introverted, reflective and analytical.

They are deep thinkers and compassionate people with a tendency to self-analysis.

They are very creative and artistic people.

between
6 - 8



People with a **SANGUINE** mood are sociable and cheerful. They are considered extroverted, enjoy being with people and make friends quickly. They are optimistic and cheerful and live life with enthusiasm.

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DISCUSSION

- Do you agree with the test?
- Why? Why not?
- Tell us about a situation to justify that you have a certain type of mood.

