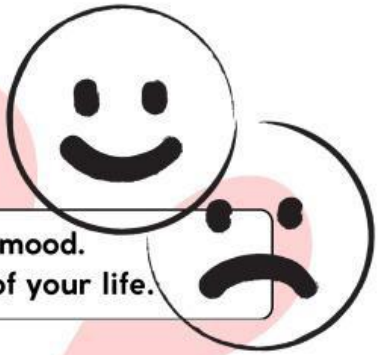
ENGLISH ZONET
englishzonet@gmail.com

What is your mood?



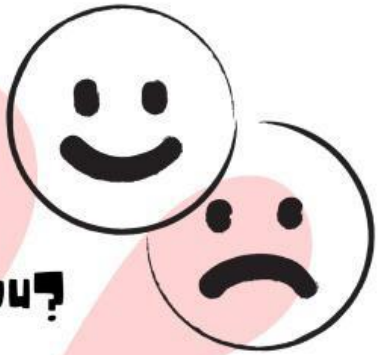
- **Be yourself and answer honestly to find out your personal mood.**
- **Discover how your personal mood influences many areas of your life.**

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**

LIVEWORKSHEETS

ENGLISH ZONET
englishzonet@gmail.com

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.

9 / 10

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.



LIVEWORKSHEETS