

# What animal best

To help people determine their strongest character traits, John Trent, Ph.D., president of StrongFamilies.com and coauthor of *The Blessing: Giving the Gift of Unconditional Love and Acceptance*, created the Lion, Otter, Golden Retriever and Beaver Personality Test.

"In designing the test, I used animals and words that would really help people recognize themselves and definitively say, 'That's me!'" explains Trent. "The goal is to help people understand why they are special and so incredibly valuable." Take the quiz below, then read on to discover *your* strengths.

## One-minute personality quiz

For each number, check the word that best describes you. The letter with the most checks is your animal!

	A	B	C	D
1.	<input type="checkbox"/> Likes authority	<input type="checkbox"/> Enthusiastic	<input type="checkbox"/> Sensitive feelings	<input type="checkbox"/> Likes instruction
2.	<input type="checkbox"/> Takes charge	<input type="checkbox"/> Takes risks	<input type="checkbox"/> Loyal	<input type="checkbox"/> Accurate
3.	<input type="checkbox"/> Determined	<input type="checkbox"/> Visionary	<input type="checkbox"/> Calm	<input type="checkbox"/> Consistent
4.	<input type="checkbox"/> Enterprising	<input type="checkbox"/> Verbal	<input type="checkbox"/> Enjoys routine	<input type="checkbox"/> Predictable
5.	<input type="checkbox"/> Competitive	<input type="checkbox"/> Promoter	<input type="checkbox"/> Dislikes change	<input type="checkbox"/> Practical
6.	<input type="checkbox"/> Problem solver	<input type="checkbox"/> Enjoys popularity	<input type="checkbox"/> Gives in to others	<input type="checkbox"/> Factual
7.	<input type="checkbox"/> Productive	<input type="checkbox"/> Fun-loving	<input type="checkbox"/> Avoids confrontations	<input type="checkbox"/> Responsible
8.	<input type="checkbox"/> Bold	<input type="checkbox"/> Likes variety	<input type="checkbox"/> Sensitive	<input type="checkbox"/> Prefers perfection
9.	<input type="checkbox"/> Decision maker	<input type="checkbox"/> Spontaneous	<input type="checkbox"/> Nurturing	<input type="checkbox"/> Detail oriented
	_____ Total	_____ Total	_____ Total	_____ Total

## If you got mostly A's... you're a lion

Just like your wilder counterpart, if your animal personality is a lion, you are bold, persistent, determined, self-reliant and like to take charge. "Lions have an attitude of 'Let's do this now!'" says Trent. "For example, I once gave this test to the Seattle Seahawks football team, and of course, the quarterback was a lion—these people are assertive, very goal driven and have a will of iron."

As a lion, you are also a practical and productive visionary, and others are eager to follow your lead, thanks to your excellent problem-solving skills, likable confidence and decisiveness. Though comfortable in the role of a leader, you are also fiercely independent and love to seek out new adventures and opportunities. Bottom line: You never pass up a challenge, which ensures you'll always lead an exciting, fast-paced life...just the way you like it!





# describes you?

## If you got mostly B's... you're an otter

You are energetic, fun-loving, spontaneous, optimistic and love to take risks. "When I administered this test to NFL teams, the running back was usually an otter—always on the run, looking to break through the line," says Trent. "Otters are enthusiastic and always lots of fun—basically a one-person party waiting to happen." You also have a knack for conversation and for drawing people in, thanks to your outgoing nature. You have a wonderful ability to inspire and motivate others, and friends and family adore the way you are always cheering them on.



## If you got mostly D's... you're a beaver

A beaver is consistent, practical, inquisitive, conscientious and always focused on the details. "To put this in context, the beaver is on the class ring of both MIT and Caltech—two of the finest engineering schools in the country," says Trent. You are very self-disciplined, industrious and sacrificing, and you tend to work slowly to make sure your results are always accurate. Your desire to get things right the first time makes you an excellent listener, and you're also able to easily communicate details to others—making you a wonderful teacher.



## If you got mostly C's... you're a golden retriever

Identifying with a golden retriever means you are loyal, sensitive, nurturing and value relationships above all else. "They are wonderful to have on teams—I've given the test to many airborne squads for the U.S. Air Force and they're all predominantly golden retriever personalities," says Trent. You also have a great sense of humor and are well-known for your sympathetic nature—you're the one friends and family turn to in times of need.

