

ACTION, NEED FOR

Synonyms: dynamic, energetic, vibrant, animated, physically oriented

Uncomfortable when there are quiet times with nothing much going on, she feels driven to generate activity. She must do something, anything, rather than just sitting still.

The guy is a dynamo! If I wanted the world moved quite quickly, I'd call on him! He has energy and it is powerful and it moves.

It is important for him to see some quick returns for his trouble. He is unlikely to continue putting his effort into a project that isn't going anywhere.

It is clear that her frenetic pace of activity is used as a defense against the fears that threaten to overwhelm her when she comes to a dead stop. Moving briskly from one thing to another allows her to defer dealing with the painful emotions until some later, nebulous time.

This isn't the type of person who can just sit behind a desk and stare at paperwork all day. She needs to be out talking with other people, making an impact on their lives.

In prospecting for new clients, he plunges forward, not allowing anything to deter him. Opportunities to go out into the field and generate new business is the kind of challenge that spurs him on.

She welcomes a variety of activities and tends to become bored when doing mundane or routine work. She wants to be 'out there,' seeing and being seen.

Active and energetic, he needs to be on the move. This is a physically driven person who spends little time thinking, but is constantly moving.

Schedule? What schedule? This writer will not stay within a tight timetable. He wants to be free to move from one activity to another.

Routine in anything bores him to distraction. Whether it is sex, food, sports, or a television program, he needs diversity, and lots of it.

Seeking out a wide variety of activities, he is easily bored when things get too slow.

Bureaucracy and red tape make him impatient because he just wants to get moving.

She doesn't want to wait to be told what to do but is intellectually aware enough to see what actions need to be taken and take them.

He needs an environment that provides freedom of action.

Always looking for something new and exciting to do, you lose interest once an activity becomes routine.

Your energetic, active style may be exhausting for some types, so it is important that your partner in a relationship has similar energy levels.

Preferring any activity over just sitting still and doing nothing, you are ready to go with the flow. As long as there is action, you are happy. Spontaneous and sometimes impulsive, you allow your intuition to tell you what direction to take.

Able to manage multiple tasks simultaneously, he wouldn't be satisfied for long in a staid desk job with limited responsibilities.

You enjoy an active lifestyle. Always on the go, you need to be involved. In fact, it is difficult for you to be inactive, as you would become bored in a moment.

While motivation runs strong, self-discipline is lacking. A free-wheeling type of person who does not welcome restrictions, confinement in an office, or the need to concentrate on details for any length of time makes her quite tense.

Moving at a fast pace, she is impatient for results, which causes her to neglect some of the important details of her work.

She is mentally alert. However, her desire to be involved with everything going on around her impairs her ability to deal with

theoretical topics that require precision, patience and high concentration.

It is difficult to cut herself off from her surroundings and focus on just one goal.

A hands-on type of person, she learns by doing. She hasn't the patience to spend a lot of time reading instructions or listening to a lecture. Instead, she picks up information as she goes along, using experience as her teacher.

Overcoming emotional and psychological barriers to effective action, she is most effective when strongly motivated or committed, and has developed a disciplined and effective ability to act.

He tends to be more of a do-er than a delegator.

Action-oriented, he has a high energy level to keep him going.

Happiest in a fast-paced environment where she has the opportunity to stimulate activity, she is not intimidated by confronting new situations or people, but meets challenges head-on with enthusiasm.

Your handwriting portrays you as someone who loves to be involved in as much as possible. Whatever is going on around you, you are sure to be in the middle of it.

You have so many irons in the fire that it isn't easy to keep everything straight. Unless you have a good diary to keep your schedule, you may find things spilling over into each other where they don't belong.

Physically oriented, you respond to everything through your body. It is hard for you to relax and sex may be used more as a tranquilizer than a means of getting close to your partner.

Physical activity helps him work off tension.

When this guy is in the picture, you can be sure there will be plenty of action. His dynamic, energetic style and impatience to get things going create productive activity.

You are a dynamic, energetic, swiftly acting and reacting person who has high goals and sustained determination.

Remember, the day has only 24 hours! You may like to keep busy and have a full calendar, but avoid the temptation of spreading yourself too thin.

Communication and interpersonal relationships are important to you, but you have a hard time translating your true feelings into appropriate actions.

Your feelings go very deep and your inner reactions are strong and instantaneous, but bringing them to the surface and expressing them directly is very hard for you. Instead, you use other means to express what is going on inside, perhaps through action, some art form or a hobby.

Your intense need for closeness and contact may scare others away, It is vital that you learn to give yourself and others some space so that you can develop a better perspective. In other words, take time to smell the roses.

Space makes you feel anxious and threatened, so you fill up every moment of your time with activity and relationships.

You are racing, not walking, hurtling towards the future, filling up every moment of every day, you are afraid of what lies ahead. So, you are both excessive and restrictive, with a strong desire to move forward, but actually holding back from making any real progress.

A forceful, lively person, you can be counted on to be perpetually involved in many activities.

You plunge into new activities and forget about time when you become immersed in a project.

He resents drudgery, monotony and routine. A strong need for change and variety helps the writer to cope and avoid feeling trapped.