

# Type A or Type B?



## Starting Off

1. Do you prefer to be busy, or do you prefer to relax?
2. Are you usually patient, or are you usually impatient?
3. Do you think there is a connection between one's answers to Questions 1 and 2 and one's health?
4. Do you think there is a connection between one's answers to Questions 1 and 2 and one's success at work?