



Sanguine

God uses the **sanguine** people in some pretty exciting ways. The Apostle Peter was a dynamic sanguine. Who else would be willing to jump out of the boat in the middle of the rough seas just because someone said to do it? (Matthew 14:23-33) Excited to be part of what Jesus was doing, Peter had a tendency to act before thinking things through, such as when he defended Jesus by cutting off the ear of a Roman guard (Matthew 26:51). Peter's sanguine personality was evident when he promise to never deny Christ (Matthew 14:27-31). It was only hours later when he adamantly refused to admit he had any type of relationship with Jesus (Matthew 14:66-72). Jesus loved Peter dearly and used him and his sanguine personality in mighty ways to reveal what it is like to follow Christ.

Sanguine people are best known for their upbeat, *can-do* attitude. Like Peter, nothing seems impossible and tasks become an adventure when sharing your life with a sanguine. Energized by the attention, sanguines have no problem being in the spotlight. They attract people and use this magnetism at work and play. When a sanguine person is in charge you can expect the process in completing a task to be an exciting adventure. Quick to forgive, a sanguine doesn't have time to hold grudges, but would prefer to get on with life rather than dwell on the negative issues.

I enjoy the sanguine people in my life. They bring energy and laughter wherever they go. My husband, Tracy, is my favorite sanguine. His enthusiasm for life is an inspiration to me as well as the people whose lives he touches every day. Because of his energy, life around our home rarely slows down. Spontaneity is a constant in our marriage, whether it be jumping in the Jeep for an off road adventure or volunteering to help out a friend with a project they are working on. When Tracy tells a story you can expect to be entertained as he explains the details with animation and excitement. From morning until night Tracy is determined to live life to its fullest and enjoy every moment.

If you are not in this category, I can assume that you know people who have sanguine traits. They probably aren't always as amusing as they tend to think they are. A sanguine person can drive other people a little crazy sometimes with their 'live in the present' and 'life should be fun' attitude. Sanguines thrive on energy and enthusiasm and need people around to keep them stimulated. Encouraging the sanguine to get started on a task is easier than keeping the momentum going. People who have sanguine personality types need compliments and attention. When you have to motivate the sanguines in your life, remember to keep them feeling appreciated and valued.

I want to encourage you if you are sanguine to allow others to help compensate for some of the areas that you might struggle in. It is important to have people in your life that keep you grounded. When things aren't fun anymore a sanguine person tends to want to move on to something new, often neglecting commitments and obligations. As frustrating as it may be to need accountability, it is often necessary in order to keep from getting off track when it comes to finishing a project. Never wanting to say 'no', the sanguine tends to get involved in too many projects at the same time which makes them unable to dedicate the time and energy needed to accomplish all they have committed to.

If you have a sanguine personality you might want to keep a close check on some of the tendencies that can distract you from using your strengths. A sanguine person loves to be involved in exciting projects, but it is important for you to remember to keep your commitments even when you aren't having as much fun. When in a group, try to remember that you don't have to take center stage all the time. Allow others the ability to shine and appreciate what they bring to the group. Try not to interrupt, listen to the whole story when others are sharing. A sanguine also might have a tendency to brag and exaggerate when sharing a story. Remember to think before you talk. By being honest and accurate you will gain trust with your audience. As you begin to recognize and implement what you are learning you will make mistakes. Asking for forgiveness is important to building trust and integrity within your relationships.

Like the Apostle Peter a person who has the personality characteristics of a sanguine can be used mightily by God while enjoying life to its fullest. With your positive attitude and engaging qualities you will find that when used in ways that bring honor and glory to God life will bring on a new richness that is indescribable.