

PERSONALITY

Life Purpose Quest Worksheet

Video 3

Investigating your “personality type” can be an intriguing and educational process; plus, it’s fun! Knowing your “type”, and that of those in your life, can help you glean important insight and understanding of yourself and others. Even more importantly, understanding your personality type might help you gain more clarity about your purpose!

There are 16 Types, made up of 8 characteristics. In each segment, you are asked to decide between 2 characteristics. Below is a brief description of the characteristics, followed by a quiz to help you determine your Type. There is also a link to the 16 Personalities free test. When you take the test, your “Personality Type” and what it means, will be emailed to you. There will be 4 or 5 Letters associated with your Personality Type.

If you take the below test first, THEN the 16 Personalities Test, it will be interesting to see how closely they match!

Characteristic Descriptions:

INTROVERT vs. EXTROVERT: how we interact with the world and where we direct and receive energy.

Extraverts are oriented to their outer world and their attention is focused mainly outside of self. They tend to seek other people, enjoy a lot of activity, and get their batteries charged by being with others.

Introverts, on the other hand, are oriented to their inner world and their attention is mainly focused inward. They need a lot of alone time, tend to have a lot of mental activity, and seek to be alone in order to recharge.

One common misperception is that extroverts are outgoing and talkative, while introverts are shy and quiet. It can often be just the opposite. Whether you are an extrovert or introvert has more to do with where your focus and energy resides and less to do with how you act around others.

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SENSOR vs. INTUITIVE: the kind of information we naturally notice.

Sensors seek concrete information. They are attentive to what is going on around them, they trust senses to give them accurate perception of their reality, and they tend to have a talent for remembering facts. Intuitives are more concerned with looking for meaning, exploring possibilities, and gleaning insights from beyond the senses. This “reading between the lines” is often seen as a 6th sense and referred to as intuition. They often speak in metaphors.

One common misperception is that “intuitive” is referring to psychic ability; however it is simply referring to the tendency to see and understand information that is beyond the surface of their reality.

THINKER vs. FEELER: how we make decisions.

Thinkers tend to value logic above all else. They are good at being objective and are often quite analytical. When making decisions, thinkers are very black and white. Feelers value being caring and doing what’s “right” over logic. They tend to be empathetic and make decisions based on how they feel and the feelings of others.

There is a strong gender bias in America, pushing many men to lean toward being Thinkers while women lean toward being Feelers. Our TRUE SELVES, however, may not be on the side that our society’s roles have taught us to be. Be as honest with yourself as possible when determining which of these you are. This segment is also the most common that people claim to be “tied”, and many people cannot decide which they are. If you feel tied, ask yourself which you would LIKE to be. Also, you can read the descriptions of BOTH and see which resonates with you more. It’s okay to have 2 “types”.

JUDGER vs. PERCEIVER: how we like to structure our lives.

Judgers prefer a structured life and orderly environment. They prefer strongly to have things settled, decided, and resolved rather than leaving something up in the air. They want to know what to expect before they do something. Perceivers prefer to live spontaneously. They enjoy remaining flexible so they can stay open to possibilities. They are more likely to be okay leaving something open- ended or jumping in with little understanding of what to expect.

One common misperception is that judgers are “neat and tidy” while perceivers are “messy”. This preference is not necessarily related strongly to the physical “structure” of one’s life, but rather about the degree of structure and order one prefers to feel most comfortable. Perceivers feel trapped when forced to decide, while judgers feel anxious when a decision cannot be made.

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Personality Quiz:

Q1: Extroverted (E) vs Introverted (I)

Which is your most natural energy orientation?

Extroverted Characteristics	Introverted Characteristics
Act first, think/reflect later	Think/reflect first, then Act
Talk more than they listen	Listen more than they talk
Seek being the center of attention	Avoid being the center of attention
Feel deprived when cutoff from interaction with the outside world	Regularly require an amount of “private time” to recharge batteries
Enjoy wide variety and change in people and relationships	Prefer one-to-one communication and relationships
Tend to think out loud	Tend to think things through inside their head

Choose which best fits: Extrovert Introvert

Q2: Sensing (S) vs Intuition (N)

Which way of perceiving or understanding is most “automatic” or natural?

Sensing Characteristics	Intuitive Characteristics
Trust what is certain/concrete	Trust inspiration
Like new ideas if they are practical	Like new ideas for their own sake
Value common sense and realism	Value imagination and innovation
Like to hone established skills	Like to learn new skills and get bored after mastering skills
Tend to be specific and literal and give detailed descriptions	Tend to be general and figurative; use metaphors a lot
Present information in a step-by-step manner	Present information in a round-about manner
Are oriented to the present	Are oriented toward the future

Choose which best fits: Sensing (S) iNtuition (N)

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Q3: Thinking (T) vs Feeling (F)

Which way of forming judgments and making choices is most natural?

<p>Thinking Characteristics Instinctively search for facts and logic in a decision situation Naturally notices tasks and work to be accomplished Easily able to provide an objective and critical analysis Accept conflict as a natural, normal part of relationships with people Value logic, justice, and fairness; one standard for all Are motivated by accomplishment</p>	<p>Feeling Characteristics Instinctively employ personal feelings and impact on people in decision situations Naturally sensitive to people's need and reactions Naturally seek consensus and popular opinions Unsettled by conflict; have almost a toxic reaction to disharmony Value empathy and harmony; see the exception to the rule Are motivated by appreciation</p>
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Choose which best fits: Thinking (T) Feeling (F)

Q4: Judging (J) vs Perceiving (P)

What is your "action orientation" towards the outside world and how do you structure your life?

<p>Judging Characteristics Like knowing what they are getting into Focus on task-related action; complete meaningful segments before moving on Work best and avoid stress when able to keep ahead of deadlines Naturally use targets, dates and standard routines to manage life Are happiest after a decision has been made Are satisfied most from finishing a project</p>	<p>Perceiving Characteristics Comfortable moving into action without a plan; plan on-the-go Like to multitask, have variety, mix work/play Naturally tolerant of time pressure; work best close to deadlines Instinctively avoid commitments which interfere with flexibility, freedom and variety Are happiest leaving options open Are satisfied most from starting a project</p>
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Choose which best fits: Judging (J) Perceiving (P)

Your 4 Personality Type Letters

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