DEVELOP TOGETHER

"Helping You Make Positive and Long Lasting Changes to Your Life."

How to Learn About Yourself

Sometimes we go through life on autopilot, doing the same routines day after day with the people at the same places. Occasionally we notice that we're stuck in a rut but we too overwhelmed to figure a way out, so we look for distractions such as social media, entertainment (TV, Film, Music) to take our mind off the problem for a moment before returning the same old routine once more.

Take the time for a bit of self reflection can be hugely beneficial because we can learn to better understand ourselves, what makes us tick and what also annoys or frustrates us. The idea is to highlight these negative feelings and then make some changes in our routines to remove those activities and create a new routine that allows us to enjoy more positive outcomes, whether this is a new job, a new relationship or something else.

This reflection can be started by using the well known Myers-Briggs or MBTI system that a huge number of personality tests have used and have appeared all over the internet, including via social media. Many businesses use this with their employees too.
The results will give you a combination of four letters that can be linked to a description about the sort of people who share that result. There are 16 personality types and you'll be surprised how accurate the results can be. The final four letters will let you know whether you have a preference in four areas of life. Introversion or Extroversion, Intuition or Sensing, Feeling or Thinking and Perception or Judging. None of these words have literal meanings and are instead very broad in how they manifest in an individual's personality.

Here are some links to three online tests that you could try and that also offer good descriptions of your personality type. If you don't have a strong preference for either one of the pairs, then you might fluctuate between two types, so consider both of these descriptions.

Test 1:- http://www.humanmetrics.com/cgi-win/jtypes2.asp
Test 2:- http://www.truity.com/test/type-finder-research-edition
Test 3:- http://www.my-personality-test.com/personality-type/

If you have any questions about this, please email info@developtogether.co.uk.

Kind Regards,

Rob

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