

02 – Who Are You?



S1: Hello and welcome back. Previously, we discovered the steps to take to kick-start your journey of self-discovery. In this chapter, we focus on understanding your personality type in order to discover who you are.



- ▶ Personality development is a powerful tool that can really take you to greater heights you never have possibly imagined.
- ▶ It will help you improve on many aspects of your life.

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S2: Personality development is a powerful tool to take you to greater heights you never have possibly imagined. It will also help you improve on many

aspects of your life, which includes; your social and emotional health as well as your financial well-being.

Personality Development

- ▶ Spend some adequate time with yourself.
- ▶ This will help you to be in touch with yourself and you are able to learn more about who you are.

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S3: From the previous chapter, you have already been guided through the steps to understand who you are better as a person, as well as giving you an idea of the type of personality you possess.

Before you get on to personality development, you need to first identify your personality.

- What type of personality are you?
- What are the strong and weak points in your personality traits?
- What are you doing to improve on your weaker traits?
- What initiatives are you taking to enhance your strengths?

Identify Your Personality

- ▶ What type of personality are you?
- ▶ What are your strong and weak points?
- ▶ What are you doing to improve your weaknesses and enhance your strengths?

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S4: When these questions are honestly answered, you can move on to the next step, which is the actual personality development.

The first thing you need to do for your personality development is to spend enough time with yourself. This will help you to be in touch with yourself and you are able to learn more about who you are.

The Different Personality Types

- ▶ There are 4 different temperaments:
 1. The introverted/extroverted
 2. The one who thinks/one who feels
 3. The one who uses judgment/one who uses keenness
 4. The one who uses senses/one who uses discernment

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S5: Personality types are classified into four different temperaments – the

introverted and the extroverted, the one who thinks and the one who feels, the one who uses judgment to conclude and the one who uses keenness, and finally, the one who prefers using senses and the one who uses discernment. These different temperaments usually determine how one will react to various situations and the choices one will make.

Your Personality Traits

- ▶ There are personality traits that one inherits from parents and relatives.
- ▶ There are also some personality traits that we pick up along the way as we grow and live our lives.
- ▶ However, personality traits we pick up as a child tend to make up a lasting impression.

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S6: There are personality traits that one inherits from parents and relatives. No wonder you find some of your traits and your likes and dislikes similar to those of your parents or relatives. There are some personality traits that we pick up along the way as we grow and live our lives.

As we grow older, we pick up habits, values and beliefs that are dependent on our upbringing. However, the traits we pick up as a child tend to make a lasting impression on us as compared to the ones we encounter as adults.

Your Personality Traits

- ▶ When you have identified your personality type, you get better understanding of yourself.
- ▶ You are able to maximize your potential and use it to your advantage.
- ▶ You will manage conflicts better and improve your existing relationships.

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S7: When you have identified your personality type, you get better understanding of yourself. You are able to maximize your potential and use it to your advantage. For instance, if you are an introvert you can channel your talents in ways that suits your personality best.

You will also have clarity in your communication with others. You will learn to compliment the other party. For instance, you may be the one who thinks before they act and is very keen as opposed to your friend who uses spontaneity and quick judgment. You will manage conflicts better and improve your existing relationships. This creates harmonious relationships.

What Are The Developments You Want To See?

- ▶ Clearly state the development you want to see within yourself.
- ▶ You need to be realistic and stringent at the same time.

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S8: You are now ready to forge the way forward; clearly state the development you want to see within yourself. You need to be realistic and strict at the same time. Do not be too hard on yourself, as being unrealistic will cause you disappointment. Keep in mind to also not be too soft on yourself, as this will slow down your personality development journey.

Forgive Yourself

- ▶ Trying to do personality development with a grudge and a bitter attitude towards yourself will be useless and will garner no results.
- ▶ View all your past failures as a stepping-stone to your future success.

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S9: Remember to forgive yourself for all the mistakes you have ever committed in life. Trying to do personality development with a grudge and a

bitter attitude towards yourself will be useless and will get little to no results, as your mind and attitude are hindered by the past. View all your past failures as a stepping-stone to your future success.

Be Flexible

- ▶ Personality development also demands flexibility.
- ▶ Be open to whatever requirements personality development has.
- ▶ Be flexible and realistic towards your goals.

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S10: Personality development also demands flexibility. You cannot be rigid and expect personality development to work for you. Be open to whatever requirements personality development has. Be flexible and realistic towards your goals as well, because you might need to make some adjustments along the way.

Be Honest

- ▶ Observe the strengths and weaknesses of your personality type.
- ▶ Focus and build on your strengths and weaknesses.

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S11: You need to be honest with yourself on your personality type. Observe the strengths and weaknesses of your personality type. Do your best to focus and build on your strengths. For instance, if you are talkative and confident, use this to your advantage and let this trait boost your career and ambitions.

You also need to identify your weaknesses in a very honest and open way. Work on your weaknesses by making conscious efforts. For instance, if you struggle with pessimistic thoughts all the time then find a way to focus on the positive in things.

Illustrate What You Want To Achieve

- ▶ Picturing or illustrating what you want to achieve helps to keep your progress on track.
- ▶ This way, you will obtain your goal in a consistent and realistic manner.

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S12: Tune your entire being to personality development, and the journey will be smooth sailing from there. Make it even easier by illustrating what you want to achieve. Picturing or illustrating what you want to achieve helps to keep your progress on track. It is advisable for you to make a daily checklist and set your goals in milestones. This way, you will obtain your goal in a consistent and realistic manner.

Illustrate What You Want To Achieve

- ▶ Picturing or illustrating what you want to achieve helps to keep your progress on track.
- ▶ This way, you will obtain your goal in a consistent and realistic manner.

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S13: At the end of the day, everyone has different personality traits that make

them unique. No person is the same as the other. These traits are what set individuals apart. The environment in which we grow up in and the people we mingle with shapes who we are.



- ▶ When you are in tune with who you are mentally, physically and emotionally, your journey to self-discovery will be smooth sailing.

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S14: When undergoing personality assessment as well as development, being honest with your self is important! It is necessary because it will help you to identify your true weak and strong points alike so you are able to use them to your advantage. When you are in tune with who you are mentally, physically and emotionally, your journey to self-discovery becomes an easy journey.