

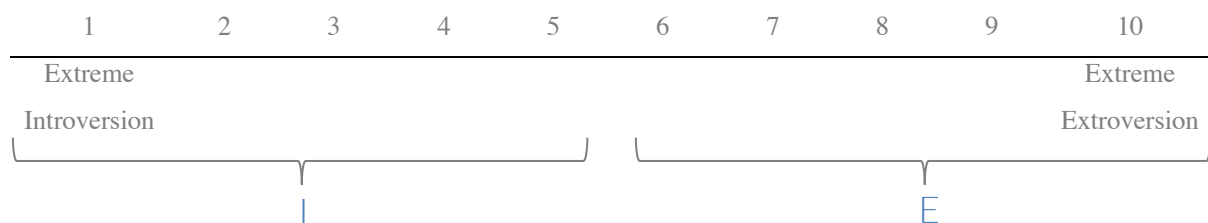
Please help me learn more about my personality

I am trying to learn more about myself so I can live my best possible life, and I would like your help. Please read the short descriptions below and give me a rating for each on the scales.

Your Name: _____

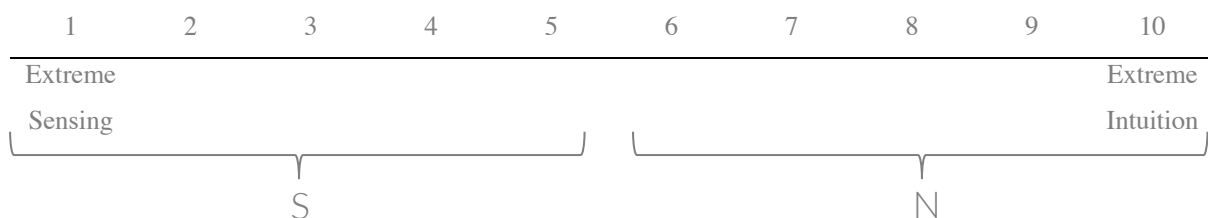
What world do you think I prefer? Am I more Extroverted or more Introverted?

Extroverts tend to be more outgoing, enjoy spending time with lots of people and often prefer group work and brainstorming sessions over working on their own. Extroverts often solve problems by talking about them with other people. Introverts, on the other hand, usually prefer spending more time alone, tend to think things through on their own before they talk or act, prefer having a few close friends over a large social circle and generally need less encouragement and motivation from the external world. Where on the scale do you think I am?



How do you think I gather information? Am I more Sensing or more Intuitive?

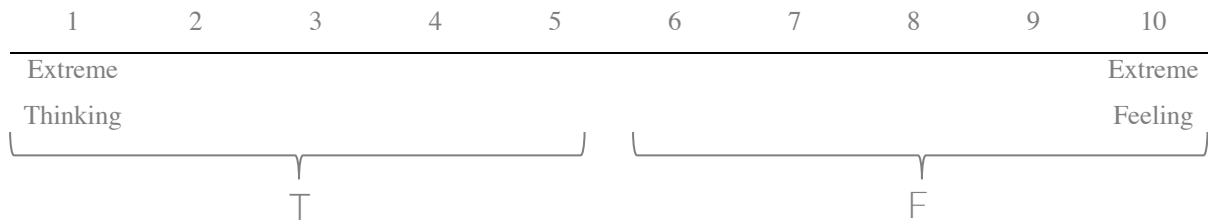
Sensing people tend to focus on what they can actually see, smell, hear, touch and taste – the information our five senses provide. For them, gathering information is about identifying what is real and present. They prefer concrete and specific data, tend to take things literally and are often considered 'here and now' people. Intuitive people, on the other hand, are more focused on the meaning and possibilities hidden within facts and information. They tend to live in the future and prefer abstract theories and big-picture thinking over practical experiences and facts. Where on the scale do you think I am?



How do you think I make decisions? Am I more Thinking or more Feeling?

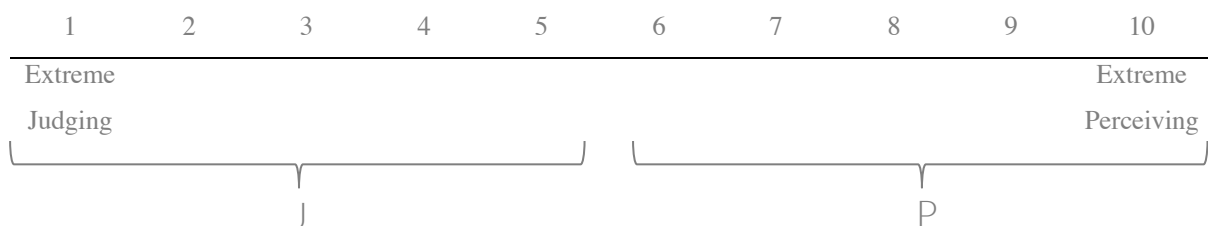
People who have a preference for thinking tend to make decisions based on the facts available and their logic. Their main concern when making decisions is 'what is fair?' They often weigh the pros and cons carefully and tend to believe that they make the best decisions if they

manage to stay objective and leave their personal feelings out of it. People who have a preference for feeling tend to make their decisions based on what is best for the people involved. They consider doing right by people as more important than doing what's fair. They often spend time looking at a decision from different people's points of view instead of weighing the factual pros and cons. Where on the scale do you think I am?

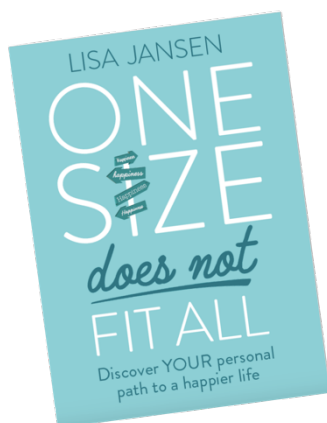


How do you think I engage with the world? Am I more Judging or more Perceiving?

People who have a preference for judging generally seem to be organised and structured and seem to prefer a systematic and well-planned lifestyle. They tend to push for decisions to be finalised rather than engaging in endless discussions and evaluations of options. People with a preference for perceiving seem more flexible and spontaneous. They tend to stay open to new options and information instead of just making a decision and going with it. Most perceiving people like to keep plans to a minimum and prefer to respond to whatever happens in the moment. Where on the scale do you think I am?



Thank You!



ONE SIZE DOES NOT FIT ALL

This exercise is part of the book One Size Does Not Fit All. Check it out if you're interested in finding out how learning about ourselves can help us live happier, more fulfilling lives.

The book is available in most online and offline bookstores.