

## Two Quizzes to get to know Yourself

- 1) The **Myers-Briggs Type Indicator** is an introspective self-report questionnaire indicating differing psychological preferences in how people perceive the world and make decisions. The test attempts to assign four categories: introversion or extraversion, sensing or intuition, thinking or feeling, judging or perceiving. It is based on the conceptual theory proposed by Swiss psychiatrist Carl Jung and there are a total of 16 main different types of personalities. Use this link to determine yours: <https://www.16personalities.com/free-personality-test>
- 2) The **Enneagram** is a system of personality typing that describes patterns in how people interpret the world and manage their emotions. It describes nine different personality types and maps each of these types on a nine-pointed diagram which helps to illustrate how the types relate to one another. Use this link to determine yours: [www.electicenergies.com/enneagram/test](http://www.electicenergies.com/enneagram/test)

→ Optional: Do these quizzes and the love one with your partner and/or your children, etc. 😊

## Knowing Yourself through Others

- ✚ Definition of the word *relationship*: the way in which two or more concepts, objects, or people are connected, or the state of being connected.

What's your relationship with your career/business? Is it love-hate?

- ✚ “Tell me who you hang out with and I’ll tell you who you are.”

## Discover Your Life Purpose Exercise

### Part 1: Who Am I?

- Put 8-10 people that you admire in the left column. These people could be living or not, real or fictional, that you know personally or otherwise.
- Then list her or his qualities in the right column. Make sure you have at least 3-4 characteristics.
- To simplify a later step, do not repeat those from the row above but simply put a + next to the quality that you listed previously. For example, if you have “grandmother” as a person 1 and you put qualities such as “loving, hardworking, a family person, creative” next to her, and your person 2 is also creative, you wouldn’t repeat that but instead put a + next to the quality “creative” above.

Person I Admire	Her/his Qualities
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

## Part 2: What's Important to Me?

- Now look at all the possible intentions below.
- Rate how important they are currently to you by labeling each one on a scale of 1-5, 5 being “very important” and 1 “relatively unimportant”.
- Fill in your own intentions at the bottom of this table if you like.
- Note: Keep the 4s and 5s at a maximum of 8-10.

It's Important for Me to be:	On a Scale of 1-5
• Financially successful	
• Physically fit and healthy	
• A successful visual artist	
• A successful musician	
• A successful writer, playwright, poet	
• A successful performance artist	
• A contributor to my community	
• A visionary leader	
• A loving family member (father, mother, aunt, uncle, etc.)	
• Spiritually developing	
• A well-respected professional	
• An effective manager	
• An effective teacher	
• Well-educated	
• A creator of beauty	
• An effective coach	
• A successful business owner	
• An effective healer	
• Well-traveled	
• An effective mentor	

• A successful entrepreneur	
• An adventurer	
• An effective therapist	
• An effective minister	
• Politically active	
• A successful communicator	
•	
•	
•	
•	
•	
•	
•	
•	

*Adapted from the Academy of Coaching Excellence*

### Part 3: My Life Purpose

- Finally, go back to part 1 on page 1 and find the 8-10 qualities that repeat most often, then put them into the left column.
- Last but not least, take the things that are most important to you – your intentions that are 5s or 4s on the scale and list them in the right column. They should be 8-10 max.

<b>Who I Am – Qualities</b>	<b>What’s Important to me (5s &amp; 4s)</b>