

# Who Am I?

## Step One: The Obvious Stuff

List the primary words that apply. Include home life, work life, and activities.

**I am a:** (Ex: mother, teacher)

**My main skills are:** (Ex: writing, playing piano)

**My primary interests are:** (Ex: running, baking)

## Step Two: Temperament

**My test results:**

Myers-Briggs (Ex: INTP) \_\_\_\_\_

Keirsey (Ex: the Rational Architect) \_\_\_\_\_

**List the phrases or descriptions of your type that resonated the most:**

1

2

3

4

5

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## Questions to ponder

What did I learn about my temperament that explains why I do certain things?

What new insight will help me extend grace to myself or others?

Where might I be trying to be someone I'm not?

## Extra credit

**Pick 2 or 3 temperaments that are very different from yours. Return to the website and read through the descriptions for them. Write down a few facts that will help you understand and accept people with that temperament.**

IDEALISTS		GUARDIANS	
<b>INFJ</b> Developer Committed, Creative, Determined, Idealistic	<b>INFP</b> Harmonizer Compassionate, Original, Creative, Empathetic	<b>ISTJ</b> Responsible, Factual, Organized, Practical, Steadfast	<b>ISFJ</b> Loyal, Service-minded, Detailed, Traditional, Dependable
<b>ENFJ</b> Mentor, Persuasive, Loyal, Energetic, Verbal, Congenial	<b>ENFP</b> Advocate Creative, Versatile, Perceptive, Imaginative	<b>ESTJ</b> Logical, Conscientious, Structured, Organized, Opinionated	<b>ESFJ</b> Gracious, Thoughtful, Responsible, Detailed, Traditional
<b>INTJ</b> Independent, Original, Pragmatic, Global, Efficient	<b>INTP</b> Independent, Analytical, Theoretical, Reserved, Problem-solver	<b>ISTP</b> Realistic, Adventurous, Logical, Observant, Unpretentious	<b>ISFP</b> Artistic, Impulsive, Caring, Adaptable, Gentle, Harmonious
<b>ENTJ</b> Commanding, Logical, Strategic, Fair, Straightforward	<b>ENTP</b> Inventive, Enterprising, Outspoken, Skeptical, Resourceful	<b>ESTP</b> Activity-oriented, Versatile, Pragmatic, Outgoing	<b>ESFP</b> Generous, Enthusiastic, Friendly, Cooperative, Spontaneous, Tolerant
RATIONALS		ARTISANS	