

Tero International Personal Personality Snapshot Worksheet

Interesting information about your personality is only useful if you apply it to (1) know yourself better and (2) use it to bring out your best by focusing on your strengths and finding others to help you manage your weaknesses. Take about 15 minutes of Introvert time to...

1. Reflect on what you have learned about your personality preferences,
2. Think of examples that illustrate your personality preferences and,
3. Think of situations that focus on your strengths and methods or people you can use to help you manage your weaknesses.

What is your personality type? _____

Give some personal examples of your first preference (either E or I):

Give some personal examples of your second preference (either S or N):

Give some personal examples of your third preference (either T or F):

Give some personal examples of your fourth preference (either J or P):

What kind of tasks or situations bring out your natural strengths?

What methods or people can you use to help you manage your weaknesses? (If you list people, be sure to list their preferences and how the strengths of their (opposite) preference would compensate for the extremes of your weakness).

How could you adapt your normally preferred approach to relate to someone with opposite preferences?

Your type: _____

The opposite type: _____



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