

So now you know by Renee Tjelmeland

**This is a group activity that should be done in a classroom
where the student has their report in hand**

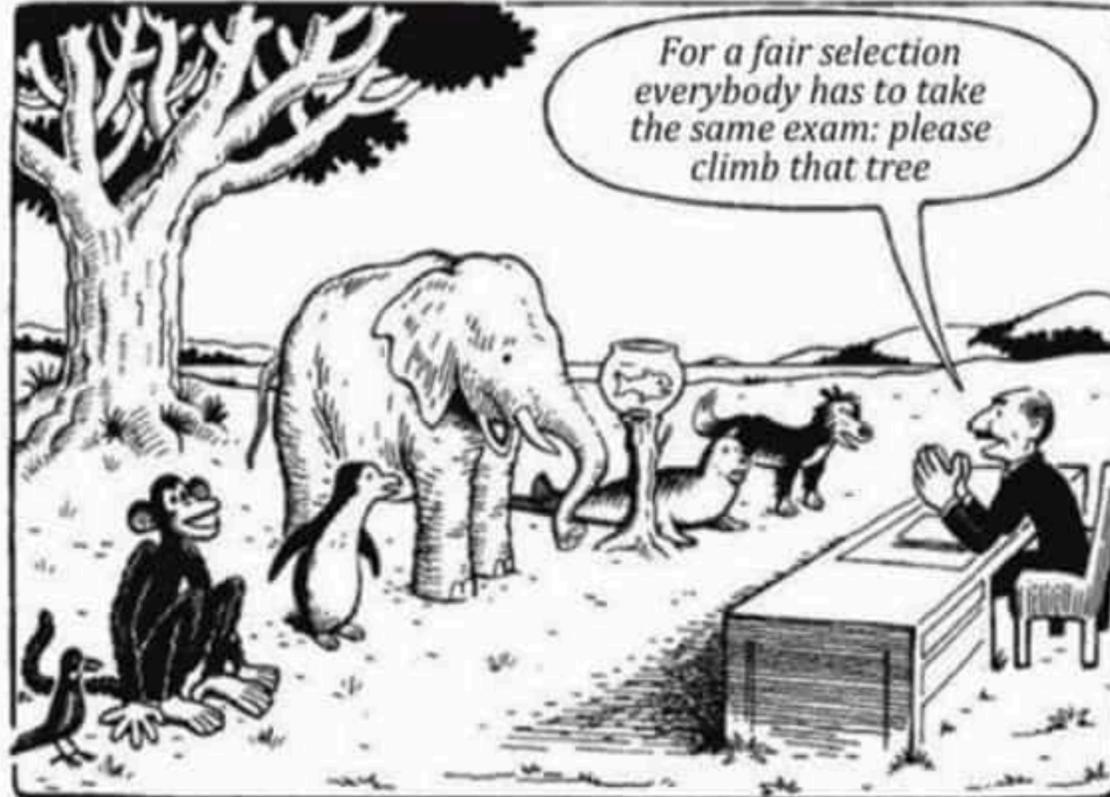
**The objective is to focus on their own strengths and
to evaluate the students understanding.**

**We also want to see awareness on how different
personality traits add or subtract to relationships.**

All 11 pages should be handed out, stapled together.

Teacher will read from powerpoint.

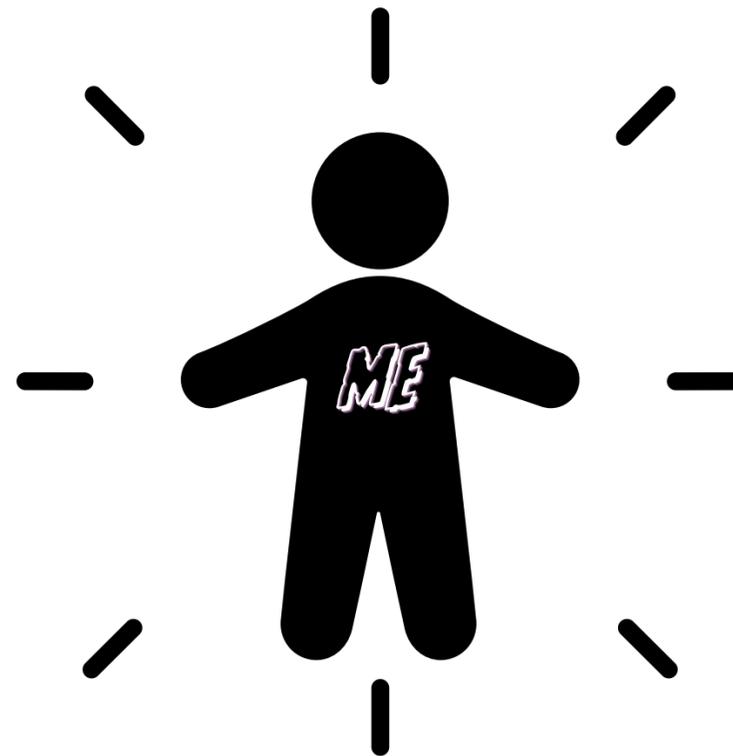
If this is an online class, the student should have an editable copy for their answers.



Our Education System

Good luck in the test!

So now that you know.....What were your top 3 personality traits and subtraits were strongest? Write them below. Which ones that you have do you love the most? Which ones make the most sense? Put a heart by your favorites.



So now that you know.....What part of your personality really makes you thrive in relationships with other people?



Likewise, with EVERY personality type, there are struggle areas that may come across as a problem to others.
Can you name a few of yours that made sense to you?



So now that you know, what are some truths about yourself that you can record here? Go to your report and look at the strengths listed under your top personality traits and write a sentence repeating your strength in your own words. For example, mine shows I am unstructured. My report states:

**“Easily change
plans; adjust for
situation.”**

So I might write “I am very adaptable” because that is a strength of mine that I want to focus on in work and relationships. Do this for 3 of your strengths.

What personality trait of yours makes you feel like a monkey climbing a tree? (AKA natural, it is easy for you.) Give an example of an area where you have thrived due to your unique personality.



Now that you have learned more about your personality.... What have you done in the past that makes you feel like a fish out of water? We all feel like this at some points in our lives but is there an activity or job that you might politely decline now that you know what you know?





Likewise, let's look again at your top 3 strengths. For example, again, I am unstructured. Can you think of a personality trait that might be opposite? What if my sister is Conscientious/exact and everything I do is, well, not exact. And my level of organization is knowing where my things are. And we share a room. Can you see how it could be easy to be in a conflict about the organization of the room? What are some ways to work through this? What have you learned about yourself that you might be more aware of as you go forward?



Now that you know.....

Let's assume you have been nominated to plan a year end party for your family at your house. This may or may not be in your personality strengths but nevertheless, it is your assignment. You get to chose one person to help you. What is the number one Personality stength you would you ask to help you based on your own strengths? Circle on the right and give a few reasons for your choice.

Cooperative / Authoritative

Flexible / Self Asserting

Mindful / Outspoken

Collaborative / Autonomous

Reserved / Outgoing

Aloof / Enthusiastic

Private / Social

Quiet / Verbal

Factual / Compassionate

Objective Supportive

Impartial Sympathetic

Questioning Lenient

Unstructured / Conscientious

Easygoing / Goal-Oriented

Spontaneous / Organized

Improvising / Exact

Careful / Adventurous

Content / Aspiring

Prudent /Daring

Traditional / Creative

Pragmatic / Cognitive

Realistic / Imaginative



So Now That You KNOW, let's keep the fish in the water and the monkeys climbing the trees. Imagine if the fish went his whole life wishing he was out of the water. His effectiveness would be greatly reduced. Imagine if the monkey thought living in the water was the way to go. He would soon die of hunger.

And so it is with your very unique personality. Now that you know who you are, be who you are. Find areas and ways to thrive that work for you. Focus on your strengths not that you know! The world needs you exactly as you are. And you are amazing.