

SELF-KNOWLEDGE

ASSESSMENT + RESOURCES TO BUILD SELF-AWARENESS

Evolution of the self requires a deep understanding of the self. Self-awareness empowers us to articulate our feelings, become conscious of our fears, and identify our patterns and triggers. By understanding who are on a fundamental level, we are able to steer our behavior and navigate challenges with effectiveness, instead of becoming a slave to our impulses and uncontrolled thoughts.

These resources have been handpicked to provide valuable, objective insights into your personality, habits, energy, and functioning.

You are encouraged to experiment with, explore, and question any results you may receive .

MYERS - BRIGGS TYPE INDICATOR

This well-known inventory is based on the personality theories described by CG Jung. Essentially, the theory is that differences in personality often comes down to basic differences in how individuals use their perception and judgment.

The official inventory can be taken **HERE** and is \$49.95 plus tax.

Alternatively, you can take the free version (with excellent, in-depth results) at **16 PERSONALITIES**

THE BIG FIVE

This assessment evaluates your personality in context of the “big five” personality traits. Originally developed in the 1970s, this assessment is a classic, reliable instrument that operates on the theory that most human personality traits can be boiled down to five broad dimensions of personality.

The specific test linked **HERE** uses questions from the official Big Five Inventory (developed by Oliver John at UC Berkeley), as well as some additional questions created by current academic researchers.

Additional assessments related to the Big Five personality theory can be found **HERE**

JUNGIAN PERSONALITY TYPES

THIS 60-item personality assessment is a more direct interpretation of CG Jung’s personality types.

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TYPEFINDER TEMPERAMENT

Are you a preserver, responder, a theorist, or empath? Based on the work of David Kiersey and Isabel Briggs Myers, **THIS** test will help illuminate your personal temperament.

THE FOUR TENDENCIES

While writing her book *Better Than Before*, Gretchen Rubin came up with a character framework that sorts people into four different categories that describe how they tend to respond to expectations: upholder, questioner, rebel, or obliger.

Take the quiz **HERE** to find out which one you are.

FASCINATING PERSONALITY

Discover how the world sees you by taking Sally Hogshead's simple assessment **HERE**

Please note, you do have to create a (free) account to take the quiz and view your results. There is a fee associated with obtaining more in-depth information about your result.

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LEARNING STYLE

THIS test is designed to help you gain a better understanding of yourself as a learner by assessing how you process information. Are you an auditory, visual, or tactile learner?

PERSONAL STRENGTHS

Based on Martin Seligman's concept of character strengths and values, **THIS** inventory will help you understand your personal strengths and values.

EMOTIONAL INTELLIGENCE

Emotional intelligence (EI) is an emerging field of study with significant implications for behavior, relationships, and emotion management.

THIS test is a quick take and based on the work of Daniel Goleman and his emotional intelligence competency model.

Meanwhile, **THIS** is the most in-depth Emotional Intelligence test I've ever taken and I highly recommend it. However, please note that there are 300+ items in this questionnaire, so be sure to leave plenty of time to take it.

Also, the free results are seriously lacking but I highly recommend paying for your full results. They are worth it.

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RISING (ASCENDANT) SIGN

Fill out **THIS** form and chart your rising sign. Your rising/ascendant sign represents how you react to your surroundings and interact with others, while your sun sign dictates personality and individual quality of thoughts.

Even if you don't believe in astrology reading your profile can help you develop a better understanding of yourself - either through agreement or disagreement.

ENNEAGRAM

An enneagram is a personality typing system based off of 9 different personality types: The Reformer, The Helper, The Achiever, The Individualist, The Investigator, The Loyalist, The Enthusiast, The Challenger, and The Peacemaker.

Learn about your personality type by taking this enneagram test **HERE**

MULTIPLE INTELLIGENCES

Based on Howard Gardner's work on multiple intelligences, **THIS** assessment will let you know how you rank in terms of being linguistic, logical-mathematical, visual-spatial, intrapersonal, interpersonal, musical, bodily-kinesthetic, or naturalistic.

STYLE UNDER STRESS

THIS test assesses your personal tendencies to either avoid or incite conflict when stressed.

AYURVEDIC MIND-BODY TYPE

Practiced in India for thousands of years, ayurvedic medicine is one of the oldest whole body healing systems of in the world.

The three doshas - Vata, Pitta, and Kapha - govern our physical and mental processes and are integral to understand in order to lead our bodies to health.

Take the test **HERE** to find out which mind-body type (or dosha) you are.

LOVE LANGUAGE

Discover your love language by taking **THIS** test. Your love language is the way you communicate and understand emotional love and affection.

AURA COLOR

THIS straightforward assessment provides a summary of your primary and secondary aura aspects.