

Who Am I?

The Search for Self-Understanding

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'Know Thyself' Greek aphorism inscribed at Delphi

self-understanding noun

a: knowledge or understanding of one's own capabilities, character, feelings, or motivations

b: one's conception of oneself especially as part of a group

Our Sense of the Self

What makes up your current sense of self?

How do you see your self?

How do you define yourself?

Take 5 minutes to jot down your answers to these questions.

Discussion:

Chose someone with whom to share.

Listeners just listen – no comments, no questions. You are listening to understand.

Myers-Briggs

INFP

Idealist

“As an INFP, your primary mode of living is focused internally, where you deal with things according to how you feel about them, or how they fit your value system. Your secondary mode is external, where you take things in primarily your intuition.”

“Focused on making the world a better place.”

“Thoughtful and considerate; good listener, and put people at ease.”

Does not like conflict

Flexible and laid-back

Unaware of the mundane details of life

Do not like to deal with hard facts and logic, rather focus on their feelings and the Human Condition

Have high standards and are perfectionists

Usually good writers but may have trouble expressing themselves verbally

Astrology (Western)

LIBRA

STRENGTHS

Cooperative, diplomatic, Gracious, Fair-Minded, Social

LIKES

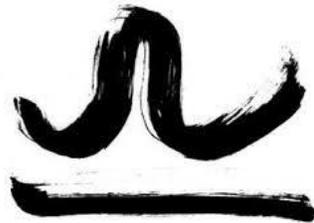
Harmony, Gentleness, Sharing, The Outdoors

WEAKNESSES

Indecisive, Avoids Confrontation, Will Carry a Grudge, Self-Pity

DISLIKES

Violence, Injustice, Loudmouths, Conformity



Astrology (China)

RABBIT (GOLD)

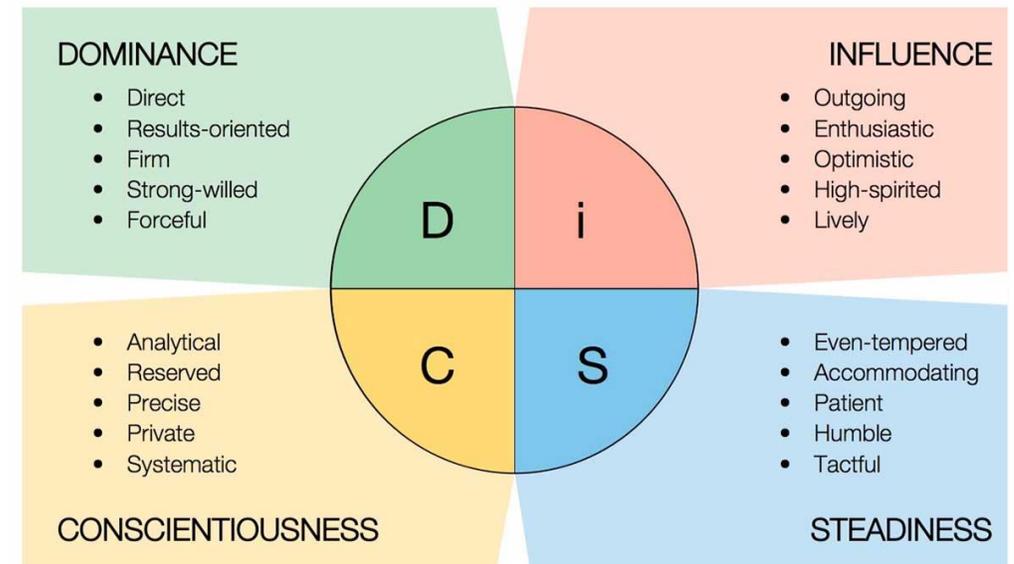
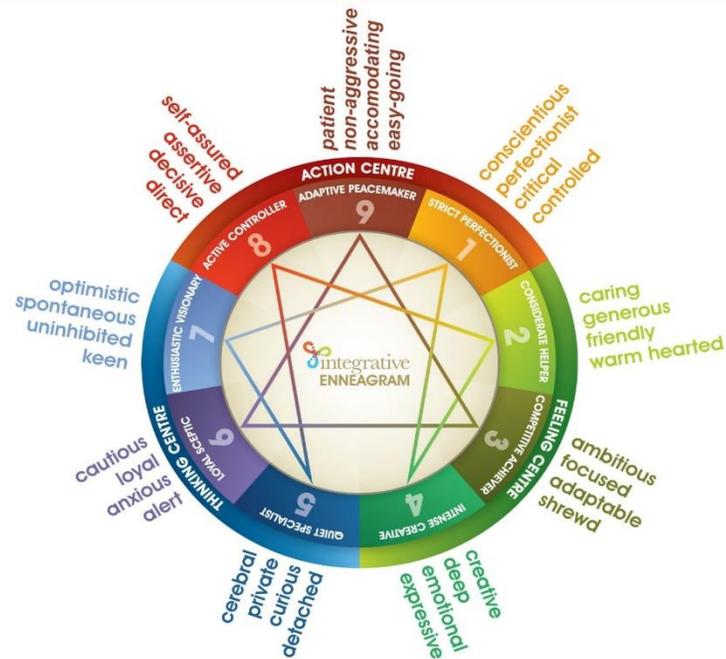
Gentle, Quiet, Elegant, Alert, Quick, Skillful, Patient, Very Responsible, Kind-Hearted, Conservative, Lively, and Enthusiastic, Faithful to Others, Reluctant to Reveal Their Minds, Tendency to Escape Reality, Too Cautious and Conservative

Always treat people politely

A gentle smile that makes people feel they are credible and sincere

Are never discouraged, but able to find solutions and eventually achieve enviable success





MBTI

vs.

STRENGTHS

- Assesses your “orientation”:
 - Introvert or Extrovert
 - Determines your “psychological functions”:
 - Sensing or Intuitive and
 - Judging or Perceiving
 - It “reveals” your personality
 - It casts your personality as being more or less determinate of your relationships, the kind of work at which you will be most successful, etc.
 - Promotes the language of “I am a INFP” and “You are a ESTJ”
- Gallop Strengths assess your talents – the thoughts, feelings, and behaviors that come naturally to you; the source of your true potential.
 - It helps you understand what you are like and how you can develop
 - Your talents maybe linked to your personality but they are not determined by your personality (or visa versa)
 - Your talents do not determine your relationships, the kind of work at which you will be successful. They are what you bring to the relationship or the job that will help you be successful.
 - Promotes the language of “I bring lots of ideas (input)” and “ I need time to think (intellection”.

How to understand your talents

- Read your Strengths Insight Guide closely
- Look for phrase and statements that resonate with you – “That’s me!”
- Highlight them
- Translate each one into either an “I bring” statement or an “I need” statement

Putting your talents to work for you

Your Talents as a means to means to a greater sense of wellbeing

“Wellbeing is about the combination of our love for what we do each day, the quality of our relationships, the security of our finances, the vibrancy of our physical health, and the pride we take in what we contribute to our communities. Most importantly, it’s about how these five elements interact.”

Well-Being: The Five Essentials Elements
Tom Rath and Jim Harter
Gallup Press, 2010

Career Well-Being: How you occupy your time or simply liking what you do every day

Social Well-Being: Having strong relationships and love in your life

Financial Well-Being: Effectively managing your economic life

Physical Well-Being: Having good health and enough energy to get things done of a daily basis

Community Well-Being: Having a sense of engagement in the various communities you identify with

Your talents and working with other people

The chances of someone else having the same top 5 themes as you do is approximately 1 in 278,256

The chances of someone else having the same top 5 themes in exactly the same order is approximately 1 in 33 million

Most of the people you meet and who you will work and interact with have a different set of talents than yours.

They are different in how they naturally or most comfortably think, feel, and behave.

They think about things in ways different than you

They feel about things in ways different than you

They respond to things in ways different than you

The most effective teams, the strongest relationships, the most dynamic communities are made up of people with different Talents.

Different Talents compliment each other.

People with different talents can support others in areas of weakness.

People with different Talents bring important perspectives to situations that can improve decisions, problem-solving, and execution

Resources

- The Strengths portal has a great many resources including articles, worksheet, and videos.
- Downloads from the book, Well-Being: The five Essential Elements, can be found at this link <https://www.gallup.com/press/176624/wellbeing-five-essential-elements.aspx>
- Consider meeting with a certified Strengths Coach to talk about your Talents and to gain insights on how to develop them. Purdue has trained over 20 coaches who can meet with you in person or virtually. Contact hebrown@purdue.edu for more information.