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Life Calling and Purpose

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Meyer Briggs and Strengths Quest Results

Based on my results of the MTBI and Strengths Quest assessments, I found that from high school to college, I have not changed. Meaning that the results of these tests I took recently were interestingly enough the same results when I took these two very tests in high school. From this I can also conclude that both of these assessments are correct about my strengths because the results were the same. With some of these types of personality and strengths assessments sometimes the results can be imprecise and sometimes fully erroneous. Because of this, I feel that I can trust the accuracy of these results.

After taking the Meyer Briggs personality test, my final results came out to be ISTJ. The “I” meaning introversion, the “S” standing for sensing, the “T” meaning thinking, and the “J” standing for judging. The name for this personality combination is the inspector. According to these results, ISTJ’s are usually quit, reserved, and practical. This usually stems from their logical approach they take when facing day-to-day situations and their unavoidable enjoyment of order. This is much like an inspector because they focus and analyze the situation to take a logical approach. In addition to the constant use of logic and analysis, ISTJ’s also prioritize order. Order can be achieved through planning, attention to detail, and the repetition of day-to-day business. Another important characteristic of ISTJ’s is tradition. When one usually hears tradition, they usually think from generation to generation, or usually from a big picture point of view. But for ISTJ’s tradition is important because they crave predictability. This version of tradition is from a day-to-day point of view. Common day procedures, routines, and previously established routes of daily life causes ISTJ’s to perform better in all areas of life. This does not mean that rigid and unestablished life causes ISTJ’s to fall apart, but for the general environment, this is where the perform best. In terms of social interaction, ISTJ’s tend to be realists. They are people that will tell the truth, and tend to live in the moment rather than the past. They are loyal, trustworthy, and can handle a lot of responsibility. In terms of character flaws, ISTJ’s usually can come off as judgmental, insensitive, and at times narcissistic. Because of an ISTJ’s realism, and sometimes their lack of filter, ISTJ’s can come off as judgmental because their craving for realism overshadows their care for other people’s feelings. This is where the narcissistic side of an ISTJ can be seen. In addition, the narcissistic side of an ISTJ can be seen through their lack of self-examination through their constant analysis of the world around them. This can cause one to judge the world around them but never themselves. This can cause another side or narcissism because an ISTJ’s mind can become infatuated with the idea of the world around them being the problem but never they themselves as a part of the world. This god-complex behavior is one of the many dark sides of an ISTJ that can sometimes be seen.

In terms application to me, I find this disturbingly accurate. To start, the priority of tradition is something that is very prominent in my life. In every little thing I do, I have a particular and specific method of doing things that I never deviate from. An example is my order of doing things whenever I put on my soccer gear before soccer practice. I always get in the locker room, put on my clothes, then both my socks, then I unlace my shoes fully from the day before. I then relace and tie my shoes before going out to practice. Though this is a very simple example, I do this same process every day before soccer practice. In this same aspect, this is how I do normal things every day such as waking up in the morning, going to bed, doing homework. Every aspect of my life that allows for predictability has an efficient process tied to it. In addition to tradition, I find myself to be very introverted. Despite how I may act at link group sometimes I do tend to be more reserved rather than outgoing. The description of ISTJ somewhat covers my introversion. Despite the fact that I sometimes stay quiet to analyze and think, I also find that I prefer to stay quiet just because if I can’t contribute to a conversation, then I have enough self- awareness to not interrupt and keep to myself to save my word for a conversation that I am committed to. So, I find that the introversion itself is right, but the reason for it itself is partly right. For the sensing and thinking parts of ISTJ, I do think that those are accurate. I do enjoy sensing the environment around me and thinking about my next actions. The sensing aspect is definitely accurate because my introversion is based on my sensing of the world. This means that I sense the environment and think about my response in turn, rather than imposing myself on the world around me. In terms of judging, I do think that this is also accurate. I find the judging aspect true because I am consistent to who I am and devoted to staying that way. I am someone that genuinely likes to be realistic in all situations, and I have a lot of trouble deviating from reality and the facts when it comes to my analysis of life. Whenever I am present, you will get me and only me, because my analysis of reality, of life, and my view on things will come from the exact same set of logic. This version of my judgement of the world is parallel with the description of the judgement trait. I feel that the Meyers Briggs assessment is correct when it comes to my tendencies, despite a few of the precise reasons for these tendencies being wrong in some cases.

The second test I took is the Strengths Quest strengths finder. This assessment gave me my five best strengths. These were consistency, maximizer, belief, developer, and adaptability. Consistency means that one is consistent in their treating of others equally and having a consistent environment. Maximizer means that one is ambitious in their goals. In addition, a maximizer likes to master their craft to the best of their ability rather than work on the things they aren’t as good at. Belief tends to lean on the side of consistent moral values. Belief means that one stays true to the values that run their life, and that they use these values to measure themselves in every aspect of their lives. Developer is a strength that means that someone with this trait is good at building others up in their relationships. In addition, this building up of others is something that also fuels and fulfills the person that is serving the other. Lastly, adaptability is another relationship building trait. This trait means that one is living in the moment. In addition, they would rather discover their future one decision at a time rather than premeditatively having a fixated goal in mind. This doesn’t man, goals are not there, but that they are not the sole driver of the interaction.

I feel like all of these are also accurate to me. For consistency, this exactly describes me. I seek to love others equally and I love serving others. In addition, I also enjoy consistent environments and situations. I feel like this deep consistency is why it is my highest strength. I think the maximizer is also correct. I am someone that sets incredibly high standard for myself, even to a fault. This is one of the causes of my lack of self confidence in introversion at times. But it also is how I go about my daily business. I prefer to build on my strengths rather than become well rounded when it comes to things. This can be seen in my soccer play. I am right footed, and over the years I have become very talented using my right foot to score, pass, and kick the ball. This does not mean that I can’t use my left foot, or that I don’t desire to be just as good with my left foot, but over the years I have furthered my skills with my right foot rather then become more well rounded and be able to use both feet okay rather than one good and one not so good. This example is how I see the maximizer applied in my daily life. The belief strength I think is another very accurate trait I see in my life. I have a very rigid set of morals that I stick to. Most of these are from the Bible and come from my relationship with God. These core values I hold close to me are how I measure my whole life. Based on how I’m following them and how my life falls into these values, that affects my attitude on my place in life. I stay loyal to these and they do not change ever. This strong belief strength shows my relationship with God and how I apply that to my life. Next is developer, and I see this as a mostly accurate strength too. I feel that I am very good a building-relationships with people when I am intentional. In addition, I feel that I’m gifted at building others up and helping them reach their goals. In addition, I feel that I am also someone that not only does this because of my morals, but it is something I do naturally and that I enjoy too. I also feel like one of my spiritual gifts is service. And it naturally makes sense that developer is one of my strengths. Lastly is adaptability. I feel like this I also very true for me. I am a very in the moment person, mostly because I don’t think about the future too much. In addition, I am someone that is very consistent in my treatment of others, so in turn, I am always adapting to the moment but never changing in my loving behavior. This causes others to feel the same feeling of love no matter what, and I can see why adaptability is one of my strengths too.

Overall, I think these assessments were very accurate of my strengths. They definitely were correct about the strengths in general, though some of the reasons for these strengths were sometimes wrong. Because this is my second time doing these tests, it is harder to learn something new, but it is very good to reinforce and affirm these strengths so I can understand myself and how I work more.