

Self Assessment Report

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Test Results Link: <https://www.16personalities.com/profiles/40d799b5f781d>

1) Introduction

One of the 16 personality types recognized by the Myers-Briggs Type Indicator is the INFP-T, also referred to as the Mediator. In order to better understand how my personal characteristics and experiences connect with those of this personality type, this report will examine the strengths, limitations, career options, and workplace habits that are related to it.

2) INFP-T Personality Overview

Often referred to as the "Mediator," the INFP-T personality type is characterized by creativity, empathy, and a strong sense of values & moral principles.

3) Strengths & Weaknesses - Workplace habits

Strengths:

The main strengths that I resonated with in this personality type based on my reflection are:

Creativity and Innovation, Passion for causes, empathy & understanding.

Creativity & Innovation - In my stint as an entrepreneur and marketer, I am always someone who has no dearth of ideas. I pride myself in being able to think outside the box and come up with unique yet achievable solutions to situations.

Passion for causes - With a strong sense of purpose and dedication, I care deeply about animal welfare and the environment.

Empathy & Understanding - Possessing empathy helps me connect with my colleagues and clients on a deeper level thus enabling me to foster better rapport and be an effective communicator.

Weaknesses:

The main weaknesses that I resonated with based on my reflection are: **Procrastination, Self criticism & Self-isolation.**

Procrastination - My desire for perfectionism manifests as procrastination in my day to day activities & tasks. This hinders my ability to complete projects & meet deadlines on time.

Self criticism - My unrealistic expectations for myself often lead to discouragement. This also hinders my ability to understand realistic scenarios.

Self-isolation - Although I enjoy being social, I find difficulty in forming connections with my colleagues outside of work. This leads me to being reclusive and lose out on opportunities to make new friends.

4) Career choices

In my entire professional career, I have also chosen personal satisfaction and fulfillment over stability or financial pursuits.

In my career trajectory - I have been an entrepreneur, a marketing professional and currently a technological professional. But they've all aligned with my genuine interest in connecting with others and adding value to the world and people around me as much as I can.

I haven't been successful in highly bureaucratic or controlling environments since I prefer autonomy and freedom. I have done well in startups – be it run by someone else or my own due to their flexibility and open mindedness.

I also believe that, given my innate nature of wanting to help others I would be good in a teaching / knowledge sharing role.

5) Overall reflection

As I reflect upon my traits and behavior, I find a significant connection between those and the personality report. My experience in my career and professional life have only affirmed this which empowers me to embrace my strengths and work on my weaknesses. As I navigate these, I will be working towards a personal plan of action as my next steps.