**Workplace Habits**

Complete the Meyers Briggs Personality Assessment at

<https://www.16personalities.com/free-personality-test>

Read the Introduction section and see if it sounds like you. If it does not sound like you, look at some of the similar personality types and find one that matches you better.

Read the Introduction, Strengths & Weaknesses, Career Path, and Workplace Habits sections associated with your personality type. Answer the following questions.

1. What does it say are your strengths?  
     
   I got INFP. It says my strengths are: empathetic, generous, open-minded, creative, passionate, and idealistic.
2. How do those strengths influence your workplace habits?  
     
   These strengths allow me to be sensitive to others, be accepting of different worldviews and be extremely tolerant. It also makes me someone who has strong feelings for a cause, which makes me passionate.
3. What does it say are your weaknesses?  
     
   It says my weaknesses are: unrealistic, self-isolating, unfocused, emotionally vulnerable, desperate to please, and self-critical.
4. How do those weaknesses influence your workplace habits?

These weaknesses sometimes make me too idealistic, and expect others and myself to perform a certain way, and when it doesn’t work out it makes me think I’m useless or selfish (which is obviously irrational). I also am a people pleaser, which makes me prone to taking on too many responsibilities by myself, and thus overwhelming myself. I don’t tend to ask for help, which is something I am working on.

1. What does it say about potential career paths for you?  
     
   It tells me that since I have high curiosity and a love for self-expression that I may find purpose in performing arts. It says I want to feel that my work is helping others and then they tend to find careers focused on service, such as counseling, psychology, teaching, healthcare, social work, or physical rehabilitation.
2. Do you agree or disagree with the career and workplace habits assessment? Why?

I very highly agree with the career and workplace habits assessment. A lot of the weaknesses stated are my weaknesses in work, clinicals and class, and they also carry over to my social and personal life. I also agree with the potential career paths. The beginning of the page states that ‘they want to spend their days doing something they genuinely love, preferably without too much stress or drama. … Mediators might struggle to find a profession that meets their practical needs *and* fulfills their dreams”. This is *extremely* relatable for me because last semester I actually had a period of time where I was incredibly upset and sad that I couldn’t pursue my passion, which is in visual arts and music, while doing nursing. I wanted the practical things I received from nursing (although I do feel fulfilled) but I also so desperately wanted to professionally pursue art (I was actually going to go to an art school). The realization that, realistically, it is difficult to have a career in something you’re passionate in was devastating for me and right now, I am still struggling to accept it but I am working on it.   
I will not talk about every single aspect that I agree/relate to because this paper would become incredibly long, but I do want to say that my personality (INFP) is extremely relatable and I can confidently say that I am an INFP. A lot of what was said on the site was consistent with my life.

Fun fact: I have a 16personalities account that I made in 2015, so I have all of my previous records. I get to see how much I’ve changed over the years and the circumstances that shaped me. I have gone from ENFP to an INFP over the course of 6 years.