

SE – ASSIGNMENT-1

SELF AWARENESS

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Document about my strengths, weaknesses, and developmental points.

Strengths:

- 1) **Discipline:** Even in difficult situations, I can focus and remain committed to achieving my goals.
- 2) **Patience:** I can remain calm and level-headed in stressful or frustrating situations.
- 3) **Respectfulness:** I treat others with consideration and kindness, even if it is not returned.

Weaknesses:

- 1) **Lack of Confidence:** I struggle with believing in myself and my abilities at times, which can prevent me from taking risks or exploring new opportunities.
- 2) **Procrastination:** I tend to put off tasks or decisions, which can lead to stress and missed opportunities.
- 3) **Public Speaking:** I find it difficult to speak in front of others, which can impair my ability to communicate my thoughts and ideas effectively.

Developmental points:

- 1) **Introversion:** I prefer isolation and may need to work on being more at ease in social circumstances.
- 2) **Communication skills:** I need to improve my ability to effectively explain my thoughts and ideas to others, both verbally and in writing.

3) **Speaking Skills:** I need to improve my ability to talk effectively and persuasively in front of others.

My Friends opinion:

I've also received input from a trustworthy buddy, he agrees with the above points and also want to add that I'm good at dedication and persistence but could improve my self-awareness.

Dedication and determination: According to my acquaintance, I am good at sticking to my goals and working hard to achieve them.

Weak self-awareness: My friend also suggested that I work on becoming more self-aware and identifying areas where I can improve.

My MBTI Results:

According to the 16 Personalities test, my MBTI personality type is Adventurer. This type is also known as ISFP, which stands for Introverted, Sensing, Feeling, and Perceiving. My scores on the various dimensions of the MBTI are as follows:

Extraversion (E): 32%

Introversion (I): 68%

Intuition (N): 41%

Observation (S): 59%

Thinking (T): 40%

Feeling (F): 60%

Judging (J): 26%

Prospecting (P): 74%

Assertive (A): 29%

Turbulent (T): 71%

Interpreting My Results:

1) Extraversion vs. Introversion:

My Introversion score of 68% implies that I am quieter and contemplative in my approach to life. I would rather spend time alone or with a small group of close friends than at large social groups. I am more at ease with my own thoughts and views, and I love contemplation.

2) Intuition vs. Observation:

My Intuition score of 41% indicates that I am more practical and grounded in my approach to life. Rather than abstract notions or theories, I prefer to rely on my senses and concentrate on real facts. I am more engaged in the present moment and prefer to go with the flow.

3) Thinking vs. Feeling:

My Emotion dimension score of 60% shows that I am more sensitive and empathic towards others. I am more aware of my emotions and sentiments, and I place a high emphasis on harmony and interpersonal interactions. I am more prone to make decisions based on how they will affect others than on logic alone.

4) Judging vs. Prospecting:

My Prospecting dimension score of 74% indicates that I am more spontaneous and open-minded in my approach to life. Rather of sticking to a predetermined strategy, I prefer to explore new options and opportunities. I am more adaptive and open to new experiences and changes.

5) Assertive vs. Turbulent:

My turbulent dimension score of 71% indicates that I am more self-critical and prone to stress and worry. I'm more likely to second-guess my decisions and behaviors, and I may struggle with ambiguity and unpredictability.

What My MBTI Results Mean for Me:

1) Strengths:

My strengths as an Adventurer are my inventiveness, sensitivity, and adaptability. I am capable of thinking outside the box and devising novel solutions to challenges. I can connect with individuals on a deep emotional level and form strong bonds. I can also easily adapt to new situations and obstacles.

2) Weaknesses:

According to my MBTI scores, I may suffer with self-doubt, indecision, and tension. I may have difficulty making judgements and frequently second-guess myself. I may also be anxious and have difficulty dealing with stress and uncertainty.

3) Career Paths:

As an Adventurer, I may succeed in jobs that need creativity and empathy, such as art, music, writing, counselling, or social work. I might also be interested in jobs that allow me to work autonomously and experiment with new ideas and opportunities.

Based on my MBTI results, here are some potential areas of personal growth:

1) Developing Decision-Making Skills:

Because I am more introspective and cherish harmony, I may struggle with making decisions that may result in conflict or disagreement. I can improve my decision-making abilities by learning to balance my values and emotions with logic and reason, allowing me to make more confident and successful decisions.

2) Managing Stress and Anxiety:

As someone who is prone to stress and anxiety, I need to acquire good coping techniques to deal with these emotions. This could include mindfulness, meditation, exercise, or seeking professional assistance.

3) Expanding my Comfort Zone:

I adore discovering new experiences and potential as an Explorer. Nonetheless, I may have a propensity to gravitate towards what is familiar and comfortable. I can continue to improve and broaden my horizons by actively seeking out new challenges and experiences.

Conclusion:

In summary, my MBTI scores show that I am an Explorer who prefers introversion, observation, emotion, and prospecting. While these characteristics have both strengths and limitations, they offer vital insight into my personality and can assist me in understanding how to grow and prosper both personally and professionally.