TEACH ONE ANOTHER

**What were the results of each person’s personality test?**

In my case, when I took the personality test, I had in my results 58% introverted, 59% decisions with my mind instead of feelings, 51% judgmental in decision making and 53% turbulent.

Overall, I had a logistical personality. People with this personality type mean business, and when they make a commitment to do something, they make sure they follow through. Two others of my peers had the same result, however, with different percentages in other aspects. For example, one had 53% percent introverted and the other 54%. One was 56% turbulent and the other 60%.

**Are there any questions about what the results mean?**

Not really, I think I understood the result and after getting them there was a brief explanation about it.

**What information is the most useful for completing your personal user manual?**

Being honest with what we are writing about ourselves, such as our strengths and weaknesses. This way other people will know how to work with us and maintain a positive and professional environment.

**What other questions can you ask yourselves to help complete your personal user manual?**

* There was a question that said how can people help me, but I will ask one saying How can I help other people?
* What are my strengths and what are my weaknesses?
* What are my hobbies?

PERSONAL USER MANUAL

* My style

I would say my style is one of both extravert and introvert in one. I love to go out and be with people and party like most people, but once I am at my limit, I need a long time to myself to recharge. Being both I find is fun and I can do many things, but I also struggle keeping up with my extraverted friends because they want to go all the time. I have found that there is a word for being both and that is an ambivert. An ambivert is a person who has a balance of both features and can fit into any crowd well. I do prefer having alone time to recharge but there are times where being with friends is the boost I need.

* What I value

What I value most is my family, friends, and the people who love and support me. These people have helped me get through my tough times and struggles pushing me along and encouraging me the whole way. I am who I am today because of them and I will always hold them dear to me. I have had ups and downs, more downs than I would like, but I can always count on my people to hold me up. I value the friendship and the friendship that turned into family, and the love that I receive will never be taken for granted. Heavenly Father knew who I needed in my life and sent them all my way.

* What I don't have patience for

I struggle with time. I hate being late for things and stress when others are late. It gets even worse when I’m traveling with others and they are late and I’m waiting for them. I also struggle with waiting for answers or understanding a problem, I want to fix the problem right then and not dwell on it for any longer then needed, but I know that some things take time. I am working on waiting and not rushing things and people, and learn to relax, let things flow the way they are meant to go. When I rush people, it makes things tense and unhappy, so I will learn how to be more polite and forgiving with being late.

* How best to communicate with me

Honestly just be open with me. I do not do well with guessing what people are thinking and feeling. I like it when people are up front with me, not even sugar coated so I know exactly where they are coming from. Communication is important to me on many occasions, how one feels, how one thinks of something, and their opinions. Talking about opinions helps me learn the most about another individual, it helps me grow closer and be more aware of the person and their needs.

* How to help me

Being patient with me and taking the time to explain something I may not understand. I am still learning some English and need to be guided when things don’t add up for me. Simple explanations work the best and once I understand what is going on I can do anything. I would like to think myself a fast learner with speed bumps along the way. It is hard for me to make progress with someone who yells and gets frustrated, I lose my confidence and motivation to continue my work. Pushing through negative pressure and low motivation makes my quality of work lower then what I can actually do.

* What people misunderstand about me

I feel that I come across more confident and put together then I actually am. I love life and I enjoy being in it, I am always dressed decently, and make sure I have a smile on my face. Inside I’m stressed all the time, I feel like nothing is coming together and I struggle to keep my head above water. I don’t like to show my stress because I feel like I am burdening those who take the time to listen. I have many thoughts going around my head on how I can improve or be a better me, even if I don’t need to fix anything I still worry and try. I want to be the confident and put together me that others see me as but it is a long process. I will continue to practice self-worth and get there soon.