

16 Personalities Self Reflection

How does your type play out in positive ways?

How might your type frustrate others?

How might type explain people who frustrate you?

What different or opposite types best complement you?

What self-care strategies might work well for you based on your type?



Your Strengths Matter

Take a few minutes to review your top strength. Reflecting on your top strength answer these questions:

What stood out for you, where you thought “Oh yeah, that’s totally Me!”

What example might you have where you played out that strength?

What is one core expression of your strength that you bring to the group?

What self-care strategy may best support or relate to your top strength?



Commitments

Answer these questions:

What single promise do I make to myself?

What single promise do I make to this group?

What single promise do I make to my community?

What is one covenant or agreement you believe is important for the group

