

Aspiring Leadership

Exploring Your Temperament with MBTI

Exploring Temperament Challenges

Introduction	Identifying personal temperament challenges enables you to become more conscious of how they show up in your life. This awareness will increase your ability to identify your current reality truthfully and guide you when you are experiencing challenges in your relationships with others.
Instructions	<ul style="list-style-type: none">• Read through your MBTI report with a highlighter. Highlight the words and phrases that represent each challenge identified in the report for your temperament.• Select five challenges that resonate with you, the five that you most relate too. In your journal, write for fifteen minutes of instances from your life that reflects the existence of these challenges.• Answer the following questions:<ul style="list-style-type: none">○ How do these challenges show up in my personal life?○ How do these challenges show up in my professional life?○ How are these challenges debilitating me now?○ How have these challenges debilitated me in the past?○ Are there qualities listed for my temperament that might assist me in managing the challenges?• Create a SWOT matrix identifying your strengths, weaknesses /challenges, opportunities and threats. See SWOT template on the following page.

Notes:

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A SWOT analysis can be a useful and quick form of strategic assessment. It addresses four areas of concentration: significant strengths, weaknesses/challenges, opportunities, and the threats that are both internal and external to you. For the purpose of self development, you are doing this analysis on yourself.

A SWOT consists of: (a) strengths which are positive internal aspects to you, (b) weaknesses/challenges that are negative internal aspects to you, (c) opportunities that are positive external aspects to you, and (d) threats that are negative external aspects to you. The intention is to (a) build on strengths, (b) minimize weaknesses/ challenges, (c) seize opportunities, and (d) counteract threats.

Strengths	Weaknesses/Challenges
Opportunities	Threats