**Design Activity 1A: Know Thyself**

**Introduction:**

The following activity explores results from the Clifton Strengths Finder and Myers Briggs to determine characteristic traits that can help identify areas of strength to leverage within activities you are most suited to doing.

**Part One: The Clifton Strength Finder Results:**

The Clifton Strengths finder helps identify areas of strength you have that you can leverage to create good results within the system you create. There are two parts to the assessment. The first part gives you feedback on particularly strong traits you possess and the second areas of industry in which those strengths are aligned.

Record below the top five strengths from the Clifton Strengths finder and the characteristics of each trait. Use the following [link](https://high5test.com/) to obtain this information.

**1. Top 5 Clifton Strengths Are:**

1. Trait:

Characteristics:

1. Trait:

Characteristics:

1. Trait:

Characteristics:

1. Trait:

Characteristics:

1. Trait:

Characteristics:

**2. Areas of Industry and working with others.**

The Clifton Strengths can be arranged into four key areas of industry, which can be used to identify types of work you are particularly well suited to and the areas which are not your strengths and you need to work with others to achieve successful outcomes.

Highlight in the table below which of your strength belong to each area. More information [here](https://www.leadershipvisionconsulting.com/how-to-understand-the-four-domains-of-strength/).

|  |  |
| --- | --- |
| **Strength Domain** | **Types:** |
| **Executing:** Tend to get things done, with speed, precision, and accuracy. They put in the hard work now, so that when it’s time to move, they are ready. Putting ideas into action is the strength of this domain. | Achiever, Arranger, Belief, Consistency  Deliberative, Discipline, Focus, Responsibility, Restorative |
| **Influencer:** Ability to take charge, speak up and be heard, which is extremely helpful when you need to reach a broader audience, or meet a bigger goal. They tend to influence forward. | Activator, Command, Communication, Competition, Maximizer, Self-Assurance, Significance, Woo |
| **Relationship Building:** Have an innate ability to take the human component into the equation. They look at how individuals fit into the bigger pictures, and can create pathways for them to thrive. They make strong relational connections that bind a group together around a cause, idea or each other. | Adaptability, Developer, Connectedness, Empathy, Harmony, Includer, Individualization, Positivity, Relator |
| **Strategic Thinking:** Whether it’s thinking into a current problem, or dreaming about how to overcome tomorrow’s, the strategic thinking themes can take a thought or idea and look for the best way to move forward on it. | Analytical, Context, Futuristic, Ideation, Input, Intellection, Learner, Strategic |

**3. Summary:** What areas of industry do I have a strength, which would indicate the type of work I am best suited to? (record below).

**Part Two: Myers Briggs Personality Type.**

The purpose of the Myers-Briggs Type personality inventory is to make the theory of psychological types described by C. G. Jung understandable and useful in people's lives. The essence of the theory is that much seemingly random variation in the behaviour is actually quite orderly and consistent, being due to basic differences in the ways individuals prefer to use their perception and judgment.

**1. Use the following** [**link**](https://www.16personalities.com/free-personality-test) **to complete a Myers Briggs assessment.**

**2. Record below a summary of your type and the characteristics**

|  |  |
| --- | --- |
| **Type:** | **Characteristics:** |
|  |  |

**3. Follow this** [**link**](https://www.iccb.org/iccb/wp-content/pdfs/adulted/tdl_bridge_curriculum/tdl_career_awareness/tdl_career_aware_resource_file/Suggested_Careers_for_MBTI.pdf) **to find the types of work you are best suited to:**

Most suitable Careers are: