



Self-Awareness & Awareness of Others

Understanding Personality Types

Read through these eight personality types and discover which ones you believe apply to you. It's believed everyone has between 2-4 personality types, ask someone close to you, if they agree with your awareness of yourself, it's always good to get someone else's perspective.

Now match other people you know to each personality and consider examples that link you to your conclusion.

This is a great first step to exploring yourself, a beginning layer, which gives you the ability to explore further. Understanding others starts with understanding yourself. One main key is self-awareness to start you on your journey of self-discovery.

8 Personality types.

1. The Innovator;

Autonomy and responsibility

- Reflection, logic, big subjects treated in-depth, abstraction, theorisation, modulization, taste for understanding more than action, science and technique.
- Responsibility; personal, empowers the people around them, thought anticipation, respect of others and life in general, ecological.
- Construction, innovation; initiative, scientific or applied research, evolutive thought.
- Global vision; complexity, interdisciplinarity, history and philosophy of science.

2. The Philosopher;

Positivity and perspective

- Epicurism; taste for the arts of food, music and art, enjoying the moment, wondering, lazing around.
- Curiosity; for everything, contemplation, amazement, taste for nature and authenticity.
- Optimism; positive thinking, calm, carefreeness.
- Consensual, compromise.
- Mobility, social simplicity; flexible, adaptable, cheerful, good mood, discussions, sharing leisure.



3. The Animator;

Movement and creativity

- Playfulness; cheekiness, laughter and light humour, including self-mockery.
- Freedom, movement, adventure, travel, exotisme, strong sensations.
- Change; renewal, diversity of activities and relations, temporary, ephemeral.
- Unleashed and permanent creativity, innovation, mess.

4. The Administrator;

Administration and safety

- Safety; financial control, savings, management, planning, foresight.
- Possession; gain, clean-up, adjust, stock, capitalising, collect, insure, hide, intimacy, comfort.
- Health; prevent injury and sickness, reasonable sport activities, healthy food and sleep.

5. The Strategist;

Leadership and conviviality;

- Art of loving; synergies, peace, harmony, elegance, art, patronage, noble spirit, magnanimity.
- Social life; respect, courtesy, tact, conviviality.
- Reference to a higher organisation, giving a meaning to the world; sacred, noble, hierarchy, progress, grandeur, hence the taste for beauty, culture ect.
- Loyalty; respect of hierarchy, commitment, a given word.
- Leadership; strategy, organisation, coordination, decision making, but also listening, delegation, training, support, esteem.

6. The Competitor;

Initiative and competition;

- Fighting spirit; courage, self-control, heroism, perseverance, progress, conquest, challenge, battle.
- Power; decision making power, authority, social ambition, competitive minded, money.
- Personal originality; critical mind, difference, unique asserted marginality (aspiration of a high and isolated standing; hero worship, rebel, revolt, prophecy.)



7. The Participator;

Affectivity and synergy;

- Affectivity; warm contact, affectionate to passionate, love, intimacy, tenderness, kindness, smile, sensuality.
- Environment on a human scale where people know each other, talk to each other.
- Teamwork; waiting for a framework, support role, waits for recognition, training, encouragement, help, consolation.
- Vulnerability, under protection.
- Innocent or naïve subjects, tales, happy endings.

8. The Supportive;

Altruism and social

- Altruism; the pleasure of pleasing, availability, helpful, tolerance, forgiving, discretion, helping others, generosity.
- Useful, vital; all else seems superficial and futile.
- Modesty, demanding for one-self, tolerant towards others.
- Austerity; esthetical simplicity, monastic, starkness.
- Religious art and art in general through the pleasure it may give to others.