

# UNITY SPIRITUAL COMMUNITY IN CITRUS HEIGHTS

## WEEK THREE—EXPANDING SELF-AWARENESS

### Class Handout

#### Activities

Continue Daily Exercises

Take the Myers-Briggs Personality Type online quiz

View video on the 16 types on YouTube

View additional video for your specific type on YouTube

Prepare to discuss some things you learned about your type at our next class.

### ONLINE LINKS FOR YOUR MYERS-BRIGGS EXPLORATION

1) Take the self-quiz at StrategicAction.com.au Keirsey Temperament Sorter:

<https://www.strategicaction.com.au/keirsey-temperament-sorter-questionnaire#reset>

2) View this YouTube video on the 16 types:

Myers-Briggs Personality Types Explained: Which One Are You? At this link:

<https://youtu.be/NXcWZnQPUXw>

This is a succinct description of each of the 16 types. Notice that in the comments the minute/second of each type is indicated so that you may easily position the video at your own type.

3) Further explore YouTube videos about MBTI.

Frank James is an interesting presenter, here is a link to one of his videos. If you like his style, he has many others you may view.

<https://youtu.be/hmZn6pWbSG4>

Personality Hacker is another presenter you may wish to check out. These videos are usually longer and in more depth.