# Personality and Character Strengths

Myers Briggs, Big Five, VIA Character, Holland Code

# Myers Briggs Personality Test

#### PERSONALITY TYPES KEY



#### **Extroverts**

are energized by people, enjoy a variety of tasks, a quick pace, and are good at multitasking.



#### Introverts

often like working alone or in small groups, prefer a more deliberate pace, and like to focus on one task at a time.



#### Sensors

are realistic people who like to focus on the facts and details, and apply common sense and past experience to come up with practical solutions to problems.



#### Intuitives

prefer to focus on possibilities and the big picture, easily see patterns, value innovation, and seek creative solutions to problems.



#### **Thinkers**

tend to make decisions using logical analysis, objectively weigh pros and cons, and value honesty, consistency, and fairness.



#### **Feelers**

tend to be sensitive and cooperative, and decide based on their own personal values and how others will be affected by their actions.



#### Judgers

tend to be organized and prepared, like to make and stick to plans, and are comfortable following most rules.



#### Perceivers

prefer to keep their options open, like to be able to act spontaneously, and like to be flexible with making plans.

SOURCE: "Do What You Are: Discover the Perfect Career for You Through the Secrets of Personality Type" by Paul D. Tieger, Barbara Barron, Kelly Tieger



## Who's your character?

## STAR WARS personality chart





recognition. Like routine and possess excellent the causes any united the essence of others and to follow-through skills. Characterized by the ability to connect with the essence of others and to ability to connect with the essence of others and to ability to connect with the essence of others and to ability to connect with the essence of others and to ability to connect with the essence of others and to ability to connect with the essence of others and to ability to connect with the essence of others and to ability to connect with the essence of others and to ability to connect with the essence of others and to ability to connect with the essence of others and to ability to connect with the essence of others and to ability to connect with the essence of others and to ability to connect with the essence of others and to ability to connect with the essence of others and to ability to connect with the essence of others and to ability to connect with the essence of others and to ability to connect with the essence of others and to ability to connect with the essence of others and to ability to connect with the essence of others and to ability to connect with the essence of others and the essence of others and the essence of others are also ability to connect with the essence of others are also ability to connect with the essence of others.

The Counselor

The Mastermind

Responsible, loyal, and hard working. Have an acute Traditional, loyal, quiet, and kind. Extremely intuitive Introspective, caring, sensitive, and complex. Strive Objective, independent, thorough, and adaptable for peace and seek to develop and guide others.

With well-developed powers of concentration.

Value self-control and the pursuit of the greater good.

Natural leaders who strive for perfection. Talented in Live their lives with a great purpose, and devoted to the causes they believe in. Characterized by the bringing ideas from conception to reality. Expect perfection from themselves as well as others. Characterized by their desire to produce mastery and achievement that reflects their brilliance.



sense of right and wrong and work to preserve

established norms and traditions. Somewhat reserved

memebers if the need arises. Characterized by the

ability to work hard and make sacrifices to keep

Chewbacca

society running smoothly.

Bail Organa





#### The Crafter

in the way. Characterized by their ability to get things for freedom. Characterized by their desire to help

#### The Artist

The Protector

about people and sensitive to others' needs. Often fear change and try hard to maintain peace and order.

Tend to serve behind the scenes without seeking recognition. Like routine and possess excellent

Independent and adventurous, yet quiet and reserved. Quiet, serious, sensitive, and kind. Loyal and faithful, Introspective, private, creative, and highly idealistic. Interested in how and why things work. Adaptable and spontaneous, likes to live in the moment. Loyal due to their highly developed senses. Likely to be to their peers and to their internal value systems, but not overly concerned with respecting rules if they get difficult to get to know. Live in the present and yearn and contribute to the well-being of others.

The Idealist

Driven by their values, and interested in helping people and serving humanity. Adaptable and laid-back unless a strongly-held value is threatened. Imaginative, often talented in language and writing. Characterized by their ability to be present with

The Architect

Logical, original, reserved, and curious. Focus on ideas, theories, and explanations. Have a calm, serious exterior, but a deeply passionate soul. Appreciate and respect intelligence in others. Have a strong ability to stay on task. Characterized by their ability to design sophisticated systems and theories





The Performer

center of attention in social situations. Love new

experiences and live for the moment. Adapt readily

to new people and environments, can get bored easily. Enjoy material comforts and want the best of



The Champion

but tend to get bored with details. Characterized by

Enthusiastic, idealistic, inspiring, and creative.

Qui-Gon Jinn



The Inventor

Quick, innovative, curious, and resourceful. Excellen Actively advocate for what they feel to be important, ability to understand concepts and apply logic to find attracting others to their causes with excellent people solutions. Introspective and carefree nonce skills, warmth, and positivity. Excited by new ideas who are bored by routine. Thrive at finding crafty



Friendly, adaptable, and action-oriented "doers" who Outgoing, friendly, and fun-loving. Likely to be the and thrive in crises. Informal risk-takers who live fast-paced lives. Never allow rules to get in the way of their ambitions. Straightforward and realistic, take criticism well. Characterized by their ability to get

create positive experiences for others.

lar Jar Binks





The Giver

Practical, realistic, organized, and strategic. Possess Warmhearted, conscientious, and popular. Tend to put Warm, empathetic, and charismatic with excellent

The Executive

Assertive, strategic, and decisive, with a natural desire to lead. Intelligent and well-informed, value knowledge and competence. Are quick to see illogical and inefficient systems, and develop intelligent solutions in response. Characterized by their ability to lead confidently and reach goals with

#### Darth Vader The Supervisor

and provide security for their loved ones.

#### The Provider

natural leadership qualities. Strict boundary setters the needs of others over their own needs. Sensitive to people skills. Highly sensitive to the emotions and who take personal responsibility very seriously. criticism and need positive reinforcement to feel good needs of others, likely to find hidden potential in Intensely focused on getting results and seek ways to do so in the most efficient way possible.

about themselves. Supportive and generous, can sometimes come across as overbearing due to their obligations to others very seriously. Characterized by Characterized by their ability to preserve traditions capacity for empathy. Characterized by their genuine their ability to help develop others, and making a concern for others, which drives everything they do. lasting difference in people's lives.

#### www.geekinheels.com

what life has to offer. Characterized by their ability to their ability to inspire and motivate others with their





# **Myers Briggs and Career Choices**

# Big Five Personality Types



# VIA Character Strengths

## **Holland Code**

#### REALISTIC Realistic types generally like to work with things more than with people. They are often described as genuine, sensible, practical, natural, thrifty, modest, persistent, and honest. CONVENTIONAL SOCIAL **ENTERPRISING** Social types typically like to work Enterprising types generally like to with people more than with things. work with people and ideas more They are often described as helpful, than with things. They are usually understanding, responsible, warm, described as outgoing, adventurous, cooperative, convincing, friendly, energetic, optimistic, sociable, and kind, generous, and patient. self-confident.

### **Other Resources**

The Four Tendencies Quiz

**DiSC Profile or DiSC Personality Test**