

# Pondering Point

There is a resource out there that can change your life. It can help you find happiness. It will also guide you on making better decisions and setting more realistic goals for yourself. This resource is absolutely free and you already have it.

Sound too good to be true? It's not. It's self-reflection.

Figuring out who you are and what is truly important to you requires looking deep within yourself. The rewards of self-realization are infinite and can have very positive effects on your life and, ultimately, the lives of those around you. If you feel confident in who you are and the direction of your life, the decisions that you make everyday will feel easier and will have purpose.

## How would you describe yourself?

*How does this compare to how others would describe you?*

*What is important to you? What makes you - YOU?*



**Imagine... living your life based on what is important to you.**

### — From Pondering to Practice —

#### Activity

You probably know Alfred Noble as a Swedish chemist, engineer, innovator, and maybe even as the inventor of dynamite. You may also know that he willed his huge fortune to institute the Nobel Prizes. But what you may not know is **why** he did this.

When his brother, Ludvig, passed away in 1888 a French newspaper printed an obituary on Alfred - thinking that it was he who had passed away. The article condemned him for his invention of dynamite and called him, "the merchant of death". The newspaper described him as, "a man who had made it possible for more people to be killed more quickly than anyone else who had ever lived."

Having the rare opportunity to read his obituary while alive enlightened Nobel to the way that the rest of the world saw him. This, in turn, empowered him to take control of his legacy to the world by willing his huge fortune to institute the Nobel Prizes for science, literature and peace.

**Try this:** Write down a list of how you would describe yourself.

*Go beyond the physical attributes and reflect on the kind of person you think you are - what's important to you, your values and what makes you - YOU.*

Now, ask someone that you feel comfortable with - that you think knows you very well - to describe you.

How do the 2 lists compare? How do they differ?

Finally, with this knowledge, sit down and answer these three questions:

1. How do you want yourself and others to see you?
2. What do you want to change (for the good and the bad)?
3. How do you want to be remembered and what will be your legacy?

***"Know yourself. Don't accept your dog's admiration as conclusive evidence that you are wonderful."***

*- Ann Landers, American Advice Columnist*

#### Self-Awareness Assessment

Carl Jung and Isabel Myers-Briggs believed that personality could be measured and determined. Together, they bring us a typological approach to figuring out our personality types based on 4 opposing dimensions:

Extroversion (E) versus Introversion (I)  
Sensing (S) versus iNtuition (N)  
Thinking (T) versus Feeling (F)  
Judging (J) versus Perceiving (P)

Carl Jung's Typology Test is **free** to take and will, hopefully, shed some light on the dimensions of your personality that shapes who you are and why you do things.

This gives us our base of where we all began. Our continuous experiences and the skills we learn have shaped who we are today and who we can become.

Take the **Jung Typology Test™** by going to <http://www.humanmetrics.com/cgi-win/JTypes1.htm>

If you would like a more comprehensive personality assessment - find out how you can take the **Myers-Briggs Type Indicator®** by visiting their website at <http://www.myersbriggs.org/>