



GREAT TRAITS

Independent Thinking

Quick Reference & Action worksheet

a print-ready downloadable copy of this worksheet is available at www.theglorygirl.com/herohacks

1: Perceiving (Continued)

Personality as a Potential Perception Filter

Answer the following:

1. Favorite world: Do you prefer to focus on the outer world (E) or on your own inner world (I)? This is called Extraversion (E) or Introversion (I).
2. Information: Do you prefer to focus on the basic information you take in (S) or do you prefer to interpret and add meaning (N)? This is called Sensing (S) or Intuition (N).
3. Decisions: When making decisions, do you prefer to first look at logic and consistency or first look at the people and special circumstances? This is called Thinking (T) or Feeling (F).
4. Structure: In dealing with the outside world, do you prefer to get things decided or do you prefer to stay open to new information and options? This is called Judging (J) or Perceiving (P).

(Remember the dangers of labeling, and that you are far more than one model of personality, and that over time, you can change individual patterns if you so desire! Also, the standard test, which you can find on line—a site URL is provided at end of this section as example—has about 10 times as many questions, and if you are more interested in this model, I'd recommend you take the time to do one of the tests online to gauge your "type" with more accuracy. There are more examples and perceptual tests in the text pages before this worksheet if you are interested in digging in deeper. Plus, some of these summaries can be downloaded and printed out at: www.theglorygirl.com/herohacks

How might personality affect how you perceive or bias your perception?

Now, try to re-imagine a recent situation that made a big impression on you but from the opposite of your "normal" point of view based on the personality description you selected for yourself. (For example, if you are an ENFJ, pretend to rethink about the situation from the point of view of an ISTP? Refer to the box above if its more helpful).

ENFJ <i>teacher</i> Likes to motivate groups, smooth talking charmers. Very persuasive. Relationship oriented.	INFJ <i>counselor</i> Works to inspire others to do great things. Often professors. Great knowledge of human possibility.	INTJ <i>mastermind</i> They do what they say they are going to do. Corporate leaders and scientists. Strategic planners and visionary systems.	ENTJ <i>field marshall</i> Leadership- often top leaders. Focus on efficiency and organization. Can be seen
ENFP <i>champion</i> Second only to ESFPs for fun, lives filled with excitement and passion. Creatives. Great need for diversity & change.	INFP <i>healer</i> Only want to save big problems with long term plans and repressors, like the World.	INTP <i>architect</i> Deep analysis of problems to be solved. Often physicists. Most aloof of the characters.	ENTP <i>inventor</i> Motivated, to understand warped sense of humor & devil's advocate, create misunderstandings with friends, coworkers.
ESPF <i>performer</i> Number one of fun- invite them to any party. Great customer service or air stewards, always energetic, often athlete or	ISPF <i>composer</i> Harmonious with the world, very colorful. Loves the other sex with passion, sensitive to smells.	ISTP <i>operator</i> Ready to do anything since and flushed with the excitement of life. A poet and a hobby.	ESTP <i>promoter</i> Excitement seekers. Most alive when talking to other people. Entrepreneurial capabilities if someone else follows through.
ESFJ <i>provider</i> Excitement seekers. Most alive when talking to other people. Entrepreneurial capabilities if someone else follows through.	ISFJ <i>protector</i> Practical, realistic, responsible. Decide logically what should be done and stick toward it steadily regardless of distractions. Take pleasure in making everything orderly and organized.	ISTJ <i>inspector</i> Does what should be done. Duty bound, hyperreliable, often in the military.	ESTJ <i>supervisor</i> Lead worker bees. Administrators, city workers. Long plan, daily operating manuals.

Information from Other People: Questioning

Try out the following advanced questioning process in a class, meeting, or with a friend to see how the process can benefit you in the long term. (More detail on the individual steps are in the preceding pages).

1. Ask questions, particularly "why?" and "how".
2. Look for selfish motives.
3. Stop being a people pleaser.
4. Challenge yourself.
5. Research statements made by others.
6. Present your own perspective.
7. Live outside your comfort zone.
8. Avoid analysis paralysis.

2: Observation

Observation Exercise.

Sit in a public place like a park, library, shopping mall for 20 minutes (set a timer on your phone) and write in your notebook as if you are sitting watching a display in a terrarium (yes, like where lizards, frogs and animals are housed).

Really look at the people around you and pay attention to what they're wearing, how they're walking, and the interactions they have with others.

Record the details coming through your senses, such as the construction work that just began one street over, or a late customer banging on the door of a closed store.

Write whatever comes to mind, including how the scene makes you feel. That's the "big picture".

Now, with 10 minutes left, focus on one person or thing and sketch them and record details about them for 5 minutes, with smaller sketches of any unusual items they are wearing.

Then devote a page looking at them "as if": As if you are/were (point of view/framework examples in prior text pages):

1. A sculptor.
2. A sociologist.
3. A doctor.
4. Another "expert" of your choice (animal behaviorist, engineer, etc.).