



## **ENLIGHTEN EXERCISE #33**

### How Is My Personality Viewed By Others?

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How would I describe my own personality? How might it be perceived and experienced by others? The personality plays an important role in career and life success, health, and relationships with others. The personality is rather stable over one's life and appears to be influenced by genetics, as well as life experiences, social influences, and socioeconomic environment

#### **Step 1: Understanding Myself**

Take the brief, 40-item, adjective-based online personality inventory called **Innate Index** at <http://www.innateindex.com>

#### **Step 2: Understanding How Others See Me**

When you are done, you will be able to see a one-page summary of your personality on eight factors associated with health, career, and life success, compared to over 12,000 other working adults.

Invite some colleagues and family friends to also complete the Innate Index on you by following the instructions and sending them an email from the site.

Once they are done, you will receive a notice from the Innate Index administration system to be able to compare your perception of your own personality and style to those of others you invited.

#### **Step 3: What Does It Mean?**

What personality factors are perceived to be similar to how you rated yourself?

What personality factors are perceived to be different from how you rated yourself?