

Catalyst Challenge: Know Yourself Worksheet

Personality Type

- **Myers-Briggs Personality Type**
 - **Four Letter Code:**
 - **Characteristics:**
- **Enneagram**
 - **Type Number:**
 - **Characteristics:**
- **Big Five Aspects**
 - **Big Five Aspects Percentages:**
 - **Characteristics:**

Strengths

- **VIA Character Strengths**
 - **Top 5 with short description**
- **Gallup StrengthsFinder**
 - **Top 5 with short description**
- **Principles You**
 - **Three Archetypes and short description**
 - **How You Prefer to Think:**
 - **How You Engage With Others:**
 - **How You Apply Yourself:**

Values

- **Personal Core Values**
 - **Top 5 with short description**
- **Desired Work Values**
 - **Top 5 with short description**
- **Lifestyle Values**
 - **Top 5 to 7**

Motivations

- **Personal Motivators**
 - **Top 5 to 7**
- **Workplace Identity with short description**
- **Workplace Motivators**
 - **Top 5 with short description**

Personal Superpowers

- **Top 5 with short description**

Seven Word Life Motto

Character Summary