

WHAKATE[®]

INTROSPECTION

FREE PREVIEW



PREVIEW CHAPTER I

Personality Tests

Many of us have taken personality tests in the past, and they can be a fun way to unearth traits we were not aware of, or even traits we knew lurked in the background—but didn't want to face. You are most likely not going to be shocked when confronted with the results of a personality test. These tests can only describe traits and tendencies in a general way. In fact, the point of the test is not necessarily the result, reading, or number you receive after taking it, but the act of having to think about the questions in terms of your own preferences and then having to measure the result against your own perceptions... ..

IN THIS CHAPTER:

- Look from a new perspective on your personality
- Take a Personality Test
- Learn from Personality Tests

From the Workbook:

Document your type according to the Myers-Briggs Typology Index of your preferences. Remember to ask the questions on page 9 of

16 Types Table (circle your type)		
ISTJ	ISFJ	INFJ
ISTP	ISFP	INFP
ESTP	ESFP	ENFP
ESTJ	ESFJ	ENFJ

Your Type
(circle your type)

Str

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PREVIEW CHAPTER II

Assertiveness

Our level of assertiveness is something many of us have probably not given much thought to, but aggressiveness or lack of assertiveness can be quite problematic, even more so if you are not aware that you have an issue with it. With some self-examination, you can find out where your assertiveness level lies, and how you can most effectively raise or lower it... ..

IN THIS CHAPTER:

- Identify your level of assertiveness
- Know your rights
- Learn how to set boundaries
- Gain more assertiveness

From the Workbook:

Use the following questions to get a better idea of how assertive you are:

Communicating Rights and Wishes (circle either Yes or No)		
• Do you find it hard to say no? Do you avoid it, even when saying yes puts you in a bad position?	Yes	No
• Do you feel guilty for refusing a favor someone asks of you? Do you grant friends favors even when the request is unreasonable or inconvenient for	Yes	No

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PREVIEW CHAPTER III

Beliefs and Values

If you truly know what you believe and value, then designing your life in a fulfilling way becomes one step easier. However, while many people are fairly certain they know what they consider important, all of us at some point wrestle with the fear that we are pursuing the wrong goals, or that what we are trying to achieve is not actually important to us... ..

IN THIS CHAPTER:

- Find out what's most important to you
- Know your beliefs and values

From the Workbook:

Answer the questions to identify the values important to you:

List of Values and Corresponding Questions (1)		
(circle either Yes or No)		
Leadership		
• Do you find yourself wishing you could influence people?	Yes	No
• Do you enjoy leading people and directing them in their tasks?	Yes	No

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PREVIEW CHAPTER IV

Scripts

Speculating on where we came from and where we are going is something that is important to all people and cultures. This is reflected in creation myths, stories, and legends. In a similar way, there is a theory that people unconsciously create a story of what their life means on an individual level—Where they came from, their goals or calling, and how they will end. This is called a script... ..

IN THIS CHAPTER:

- Learn about script theory
- Examin the story of your life
- See where your life is going and what you can alter or update to reflect change in your lifestyle

From the Workbook:

1. Think about your life so far. What are the events in it, momentous, joyous, that you think have most shaped you or have most stayed in your memory? How contributed to the way you see the things that are important to you?

Events in Your Life that Most Shaped You

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PREVIEW CHAPTER V

Influence

Most people can probably remember a time when they were easily influenced or manipulated by someone and wished they could have better resisted it. The degree to which we are influenced varies from person to person, but most of us are not immune to the myriad of subtle and not so subtle ways human beings can influence one another... ..

IN THIS CHAPTER:

- Know your influences
- Identify your weak spots
- Avoid negative influences

From the Workbook:

Write down actions where you belatedly realised you had been influenced or manipulated in some way. Remember to ask yourself the questions on page 42 of the Introspection Handbook. Then, for each of them, think about how you will act in future situations. Remember that your actions should reflect your values and goals.

Actions, Where You Have Been Influenced or Manipulated	How You Will Act In the Future

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PREVIEW CHAPTER VI

Goals

Your goals are the physical embodiments of your beliefs and values, which is why “goals” are the very last thing discussed in this book. The entirety of your personality, all of your personal strengths and weaknesses, are involved when you make and then strive to achieve a goal, making introspection crucial for the creation and further evaluation of goals... ..

IN THIS CHAPTER:

- Find out if your goals are in congruence with your self
- Learn how to pursue realistic goals
- Manifest your values

From the Workbook:

List your mid- and long-term goals and determine, if a goal is worthwhile to you by looking at the questions on page 46 of the Introspection handbook.

Your Mid- and Long-Term Goal	Will You Continue to Pursue This Goal?
Write down the goals you wish to pursue more aggressively and for each individual goal (see page 48 in the Introspection handbook). Print this worksheet as often as needed.	
Goal:	
You are trying to achieve:	
How long it takes you to achieve it:	

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PREVIEW CHAPTER VII

Journaling

Once you have started to explore your self and motivations through introspection, you may wish to monitor your progress or see how you have changed and grown in the future. Keeping a journal or a diary is a great way to record not just these first steps, but your consequent path. Many journal writers find looking back on their entries illuminative, and keeping a journal can become very satisfying... ..

IN THIS CHAPTER:

- Learn how to use a journal effectively
- Gain introspection through writing

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