# **Meyers-Briggs Assessment**

You will continue to grow and change throughout your lifetime, but there are elements of your personality that are baked-in and slower to change.

Go to 16Personalities.com and take a free assessment. Then come back and answer these questions.

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| Question  | Answer |
| What is your Meyers-Briggs Type? |  |
| Are you surprised? Why or why not? |  |
| What are your strengths? |  |
| What are your challenging areas? |  |
| Are you surprised? Why or why not? |  |

Ideas for improvement: