

Personal Learning Activities



LESSON 1 - UNDERSTANDING YOUR PERSONALITY

Part 1 - Influencing Others

What are your three biggest struggles with your personal relationships and how are they limiting your success?

List the names of the top 5 people who you interact with most, and next to their names write their ages.

How might you connect with these people differently if you could access all of the knowledge and experience that has accumulated during that time.

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Part 2 - The 3 Rules of Leadership

On a scale of 1-5, how comfortable are you with taking relational risks?

1 2 3 4 5

Pick a relationship that needs to improve and write down the name of that individual.

Name:

Decide if you're willing to follow the three rules of leadership to make a better connection with this individual.

- 1) Are you willing to **get out of your comfort zone** to make a better connection with the above individual?

- 2) Are you willing to **take risks** to make a better connection with this individual?

- 3) Are you willing to reach out **unconditionally** to this individual?

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Part 3 - Take Control of Your Personality

What personality traits have you inherited?

What traits or behaviors have you inherited over time?

How do these traits affect your relationships

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LESSON 1 - UNDERSTANDING YOUR PERSONALITY

Take the Test

Write down your scores on the test and circle your primary and secondary personalities.

Lion

Turtle

Monkey

Camel

What did the test reveal about you? Any surprises?

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Part 5 - 2 Myths that Destroy Relationships, Myth 1

What is your biggest challenge in relating to people who view the world differently than you?

Who do you live with or are friends with whose different perspective causes relational challenges for you? Be specific.

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LESSON 1 - UNDERSTANDING YOUR PERSONALITY

Part 6 - 2 Myths that Destroy Relationships, Myth 2

How do you think others view you? Is it an accurate depiction?

With which personality type is it most difficult for you to connect?

Earlier, you identified someone with whom you have relational challenges due to differing perspectives and personalities. What specific steps can **you** take to connect with those who are different from you?