



Greetings 'Unleashing Greatness' Participant;

In preparation for the workshop that you are about to attend, you are asked to complete the Myers-Briggs Type Indicator (MBTI) and **bring it with you** to the workshop. The MBTI includes 93 questions. Please answer **all** the questions... do not leave any blank. If you are not sure how to answer a question, leave it and come back to it later.

There are directions on the front of the MBTI in the blue box. To help you further, here is some additional information.

Most importantly, please do **NOT** open the MBTI once you have answered all the questions. In other words, don't tear off either of the side tabs. All of the questions are in the open part of the form. We will open and score them together as a group towards the middle of the workshop.

The MBTI is made of carbon transfer paper. To make the scoring easier and faster for you during the workshop, please do the following:

- Use a ball point pen
- Press firmly
- Make a small "x" inside the box

When you open the MBTI at the workshop, you will be looking at a sheet with 93 marks on it. You will appreciate the fact that your marks are clear and easy to see.

On average, it takes anywhere from 20-40 minutes to complete the MBTI. If it takes you longer, don't worry, but don't spend too much time analyzing the questions. In cases where you are not sure, your first instinct is usually the best answer. Trust yourself and go with your gut.

There are 4 parts to the MBTI. Parts 1 and 3 ask you to choose 'what comes closest' to how you usually feel or act. There may be a question where you feel neither option describes you accurately. In that case, select the one that 'comes closest.' If you feel both answers apply, select the one that is 'more' like you. Parts 2 and 4 ask you to choose between pairs of words. If you come across a word that you don't know the meaning of, feel free to consult a dictionary. Again, don't over analyze the question, and trust your instinct.

People often ask, 'Should I think of work or home situations?' The answer is, *both*. Think of your life as an integrated whole. Yes, we often make different choices in these two environments, but go back to the specifics of the question. Make sure you are clear about what it is asking you to choose, and then think of your life in general.

So, find yourself a quiet place where you can concentrate and enjoy the first part of the workshop. Remember to bring your completed MBTI to the workshop. Looking forward to seeing you there!