


One way to explore these questions is through the Myers & Briggs test

This test helps you determine personality traits and how they relate to the world around you.

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Click on Free Personality Test to take the test!



Free personality test
Free personality test - take it to find out why our readers say that this...
16personalities.com

INTJ THE ARCHITECT IMAGINATIVE STRATEGIC PLANNERS	INTP THE LOGICIAN INNOVATIVE CURIOS LOGICAL	ENTJ THE COMMANDER BOLD IMAGINATIVE STRONG-WILLED	ENTP THE DEBATER SMART CURIOS INTELLECTUAL
INFJ THE ADVOCATE QUIET MYSTICAL IDEALIST	INFP THE MEDIATOR POETIC KIND ALTRUISTIC	ENFJ THE PROTAGONIST CHARISMATIC INSPIRING NATURAL LEADERS	ENFP THE CAMPAIGNER ENTHUSIASTIC CREATIVE SOCIAL
ISTJ THE LOGISTICIAN PRACTICAL FACT-MINDED RELIABLE	ISFJ THE DEFENDER PROTECTIVE WARM CARING	ESTJ THE EXECUTIVE ORGANIZED PUNCTUAL LEADER	ESFJ THE CONSUL CARING SOCIAL POPULAR
ISTP THE VIRTUOSO BOLD PRACTICAL EXPERIMENTAL	ISFP THE ADVENTURER ARTISTIC CHARMING EXPLORERS	ESTP THE ENTREPRENEUR SMART ENERGETIC PERCEPTIVE	ESFP THE ENTERTAINER SPONTANEOUS ENERGETIC ENTHUSIASTIC



SOCIAL/EMOTIONAL

In between studying and completing homework, take time for yourself:



Take a few deep breaths 5 mins



Stretch your body 5 mins



Listen to your favorite song .. 5 mins



Meditate on purpose 15 mins



Go for a walk 30 mins



Read a chapter of a book .. 15 mins



Get crafty 30 mins



Journal your thoughts 15 mins



Cook a new recipe 30 mins