# GETTING TO KNOW MYSELF

# Learning Objectives

Identifying personality, strengths and weaknesses

Considering life lessons from both fixed and changeable experiences.

Cultivate a truthful, transparent, and confident mindset.

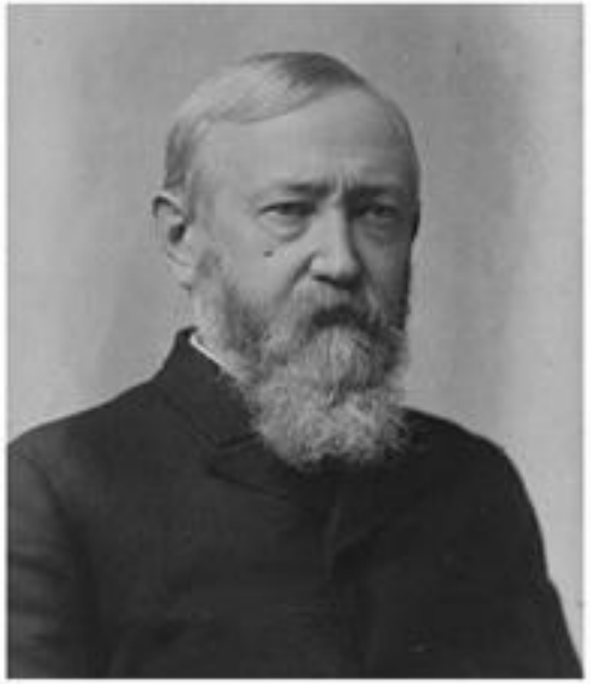
# Then, “Who Am I?”

Most human struggle to find meaning in life. Man is always bound by reason and purpose. He must have a reason to live. That is why man questions his own existence.

Self-knowledge is part of the search for “what I live for, why I am here on earth”.

# JOHARI WINDOW

Joseph Luft



Harry Ingham

**One technique to help people better understand themselves is the Johari window technique.**

**It was created by 2 American psychologists. Joseph Luft and Harrington Ingham.**

# Concept of Johari Window

| | I See | I Don't See |
|---|---|---|
| Others See | **1 Clear Window**<br>It is a state that **can be seen by anyone.** | **2 Blind Window**<br>Where **others see but I don't** |
| Others Don't See | **3 Secret Window**<br>Where **I see but others don't** | **4 Mystery Window**<br>Where are the things that we and other don't know, for example, **talents or interests that have not yet been explored.** |

# Definition of Personality

" The dynamic organization within a person as a psycho-physical system that determines their unique way of adjusting to their environment. "

~Gordon Allport

# Factors that Shape Personality

Upbringing environment.

Environment

Genetic factors impact personality

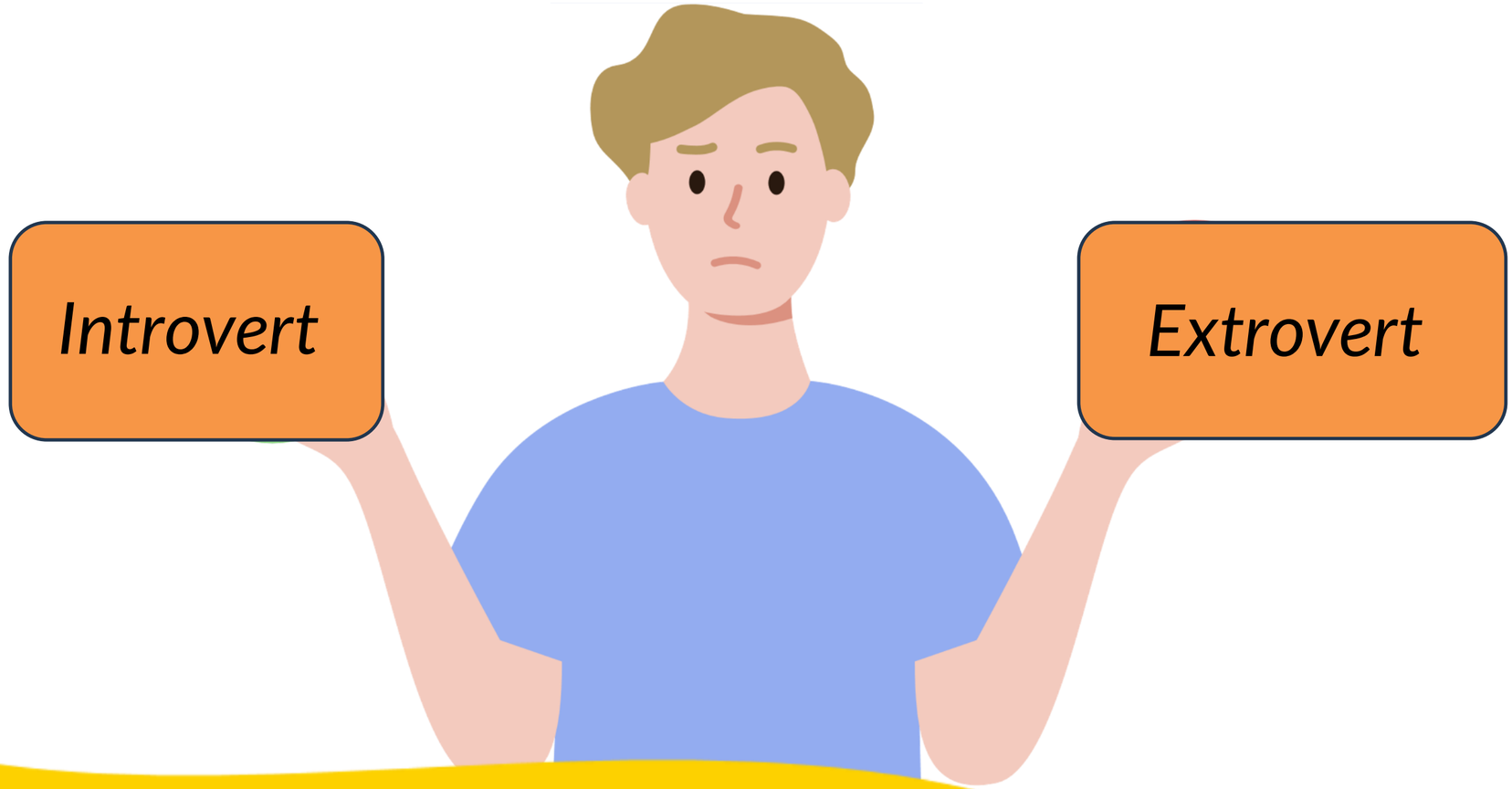
Genetics

Personal interpretations and experiences

Interpretation

# Personality Categorization According to Carl Gustav

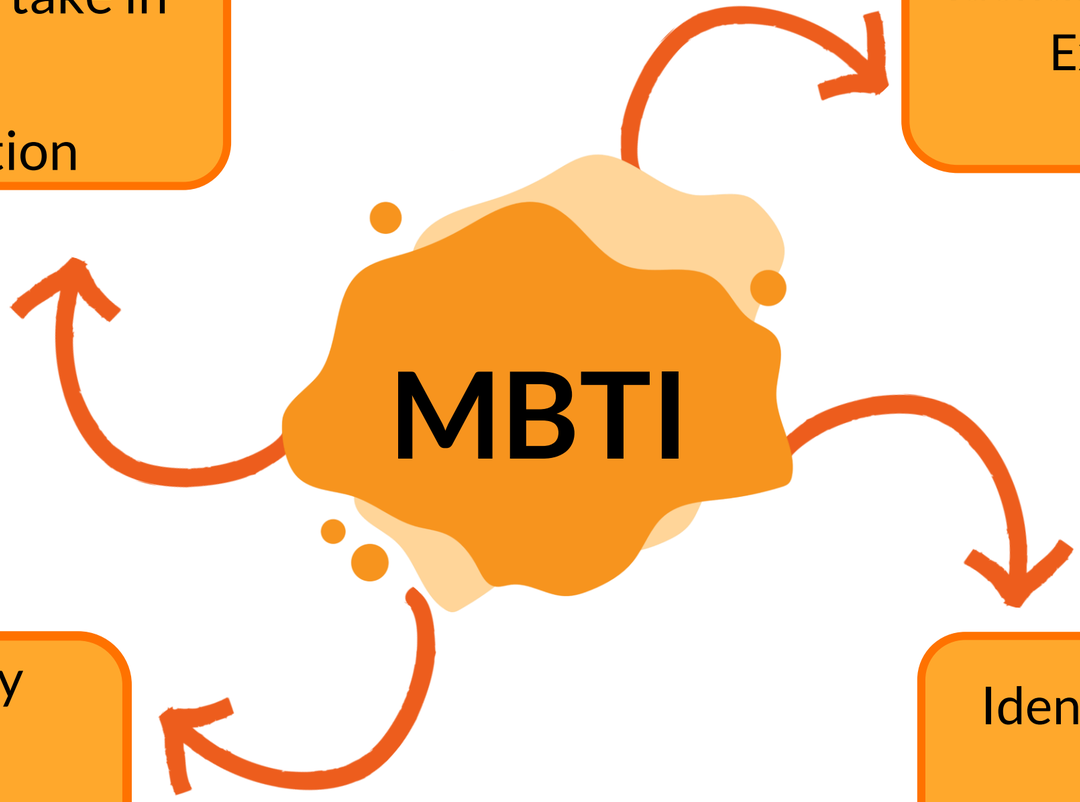
Identifies from the way people get energy:



# Myers-Briggs Type Indicator (MBTI) Personality Categorization According to Chaterine and Isabel Myers

Identify how people take in information:
Sensing or Intuition

Identify how people get energy:
Extrovert or Introvert




Identifying the way people work:
Perceiving or Judging

Identify how people make decisions:
Feeling or Thinking

Personality categorization **Temperament theory** by Hippocrates and Galenus :

**Plegmatis are calm, loyal and reluctant to change.**

**Melancholic people are perfectionists, serious and vigilant.**

**A choleric is a goal-oriented, decisive and systematic person.**

**Sanguines are spontaneous, cheerful and persuasive.**

# DISC Personality Categorization by William Moulton Taurston

Dominant = Choleric

- In control, strong-willed, diligent, decisive, productive.
- Friendly, optimistic.

Influence = Sanguine

- Talkative, friendly, happy to support others.
- Friendly, optimistic.

Steady = Plegmatic

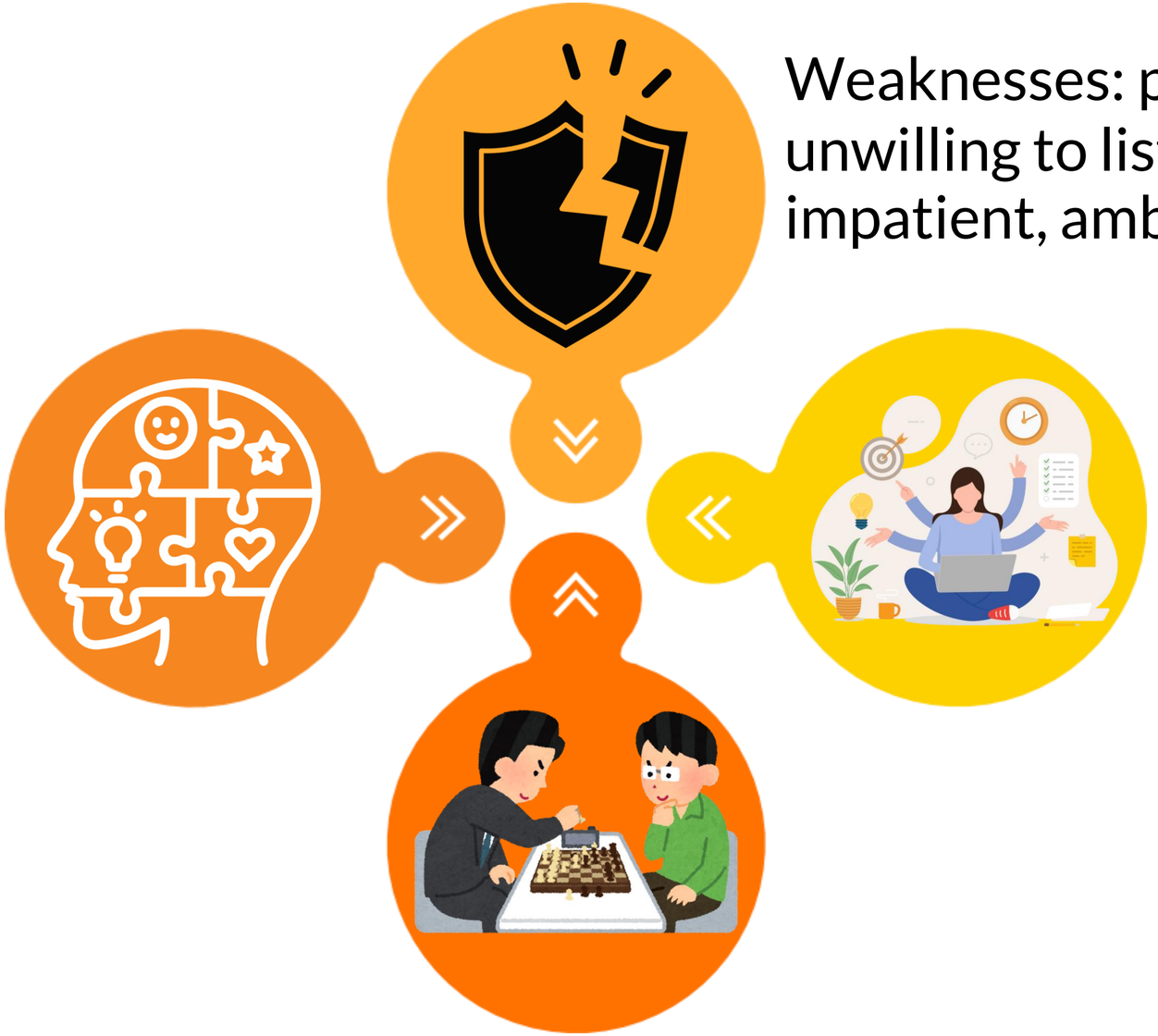
- Calm, dislikes rapid change, patient, and loyal.

Compliance = Melancholic

- Serious, thinker, perfectionist, detailed, accurate.
- Does not act before there is solid information, conservative.

# *DOMINANT*

Characteristics: in control, strong will, diligent, assertive, productive



Weaknesses: pushy, unwilling to listen, high ego, impatient, ambitious

Strength: responsible

Suitable for jobs or activities that have clear targets.

# *INFLUENCE*

Weaknesses: difficult to calm down, disorganized, unreliable, trusts people easily

Characteristics: outgoing, talkative, optimistic, friendly, happy to support others

Stregth: persuasive

Excellence is about marketing things, influencing people.

# *STEADY*

Weaknesses: dislike challenges and conflict

Characteristics: calm, dislikes rapid change, patient, loyal

Strength: good listener, calm companion

Suitable as a social worker or administrative role.

# *Complience*

Characteristics: serious, thinker, perfectionist, detailed, accurate, conservative

Weaknesses: overly cautious, overly serious, overly suspicious

Strengths: will not act until there is solid information

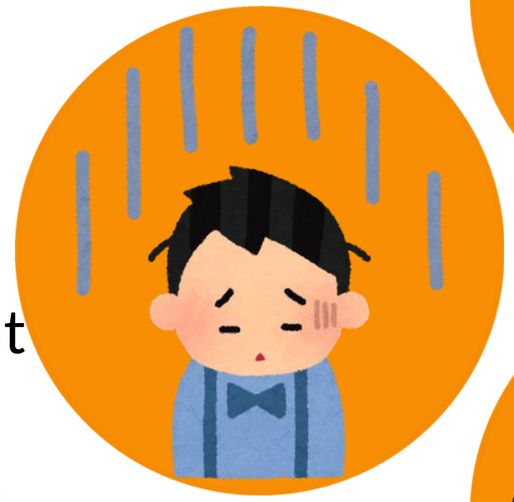
Suitable for design, program evaluation, equipment repair.

# Embracing and Growing Personally

Self-recognition is the beginning of self-growth and development.

Development without self-acceptance leads to frustration.

Recognition without self-acceptance results in anger and disillusionment.



Self-development and self-acceptance is an intermittent process.

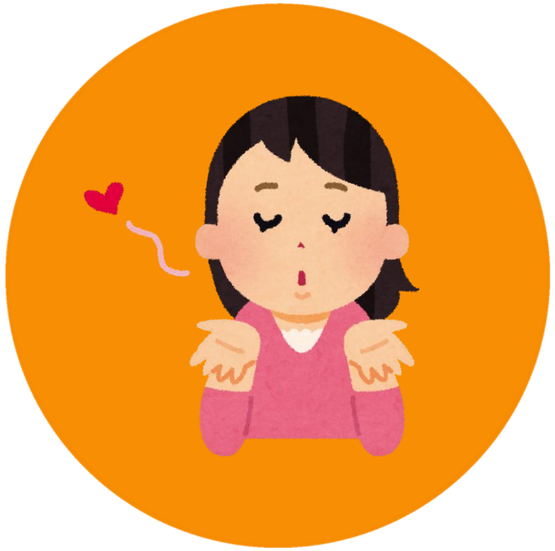
# Self-Acceptance

"A person's acceptance of all the things that have been attached and become their attributes, both positive and negative." (*Morgando*)

# Benefit of Self-Acceptance

Overcoming personal weaknesses

Capable of deciding what to overlook and what to address

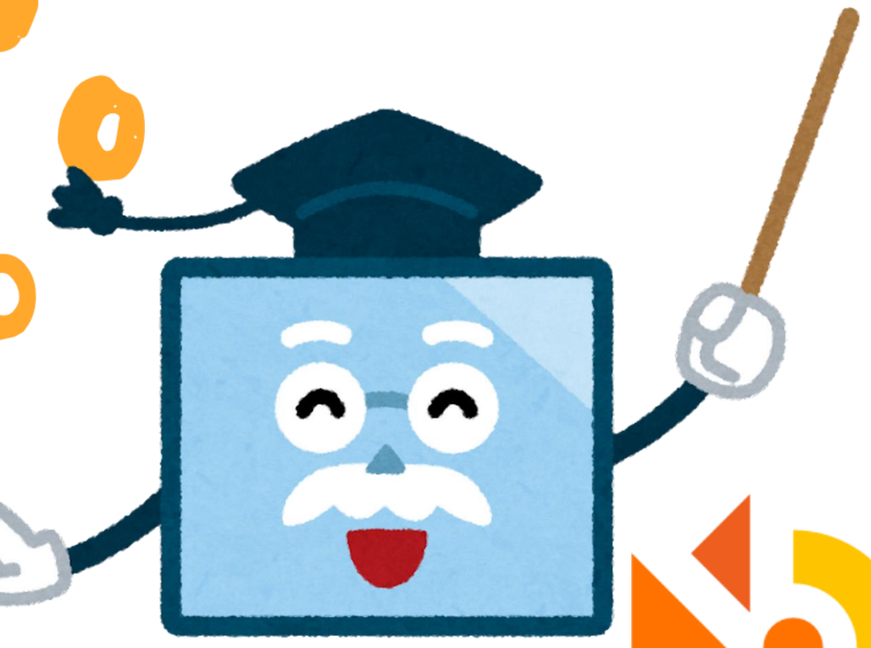


*Self-love*

Able to identify what can be improved and what must be embraced

# Self-Development

**Self-development is an effort to improve the quality and capacity of oneself to become a better person than before so as to experience fulfillment and self-actualization.**



# How to recognize your potential

Know yourself

Set goals

Learn new knowledge

Open to constructive criticism and feedback

Networking for Self-Development

Looking for mentor

World Vision

INDONESIA

Wahana Visi Indonesia bermitra dengan World Vision yang mendukung KOICA PMC Project yang bertujuan untuk meningkatkan Rehabilitasi Sosial bagi Remaja Rentan di Indonesia yang di inisiasi oleh Korea Institute for Development Strategy (KDS). ReBach Internasional dan World Vision Korea dan didanai oleh Korea Cooperation Agency (KOICA)

KOICA
Korea International Cooperation Agency

KDS Korea Institute for Development Strategy

RE:BACH international

World Vision