

## Personality

*Personality* is the combination of characteristics and qualities that defines an individual's character to themselves and others

*Characteristics* are aspects of a person that are true about an individuals, where *qualities* and positive and negative impacts a person has on others



*Qualities* are characteristics that can be changed over time, commonly known as *virtues* or *morals* and *standards*.

2

## Personality Traits

*Traits* are *characteristics* that are unique to a person. *Traits* must meet the following...

- *Consistent*, something that has been with a person for a long time (*often lifetime*)
- *Stable*, something that is not changing all the time
- *Varies from person to person*, unique to every individual



Examples of *traits* include

- Extravert vs Introvert
- Intuitive vs Assertive
- Thinking vs Feeling
- Judging vs Prospecting
- Assertive vs Turbulent

3

## Personality Interests

*Interests* are activities or things that a person *engages* in (*takes a part of*), and constantly reengages in (*does many times*) over time.

Unlike *Traits*, *Interests* commonly change throughout life, and may come and go over time, often repeating through life



Examples of *interests* include

- Sports Participation
- Music (*band and modern*)
- Arts and Crafts
- Movies and Gaming
- Personal Fashion and Fitness

4

## Personality Drive and Value

*Drive* is a need to complete or succeed in a task you want or need to accomplish

*Value* is the *importance* an individual places on an item or task. *Values* are thoughts and opinions that are of high *value*, or *importance* to a person.

*Drive* and *Values* are related



*Drive* and *Values* are related to each other. If someone *values* something, and is important to them, they tend to have a high *drive* to succeed in areas that they value overall.

5

# Personality Self Concept and Ability

*Self Concept* is a persons view of themselves drawn from their own personal *experiences (things they have went through)* and the *words and opinions* of others

*Ability* is the competence (*can do something*) either born with or trained to be *successful* at a task that one has a high *drive* to complete



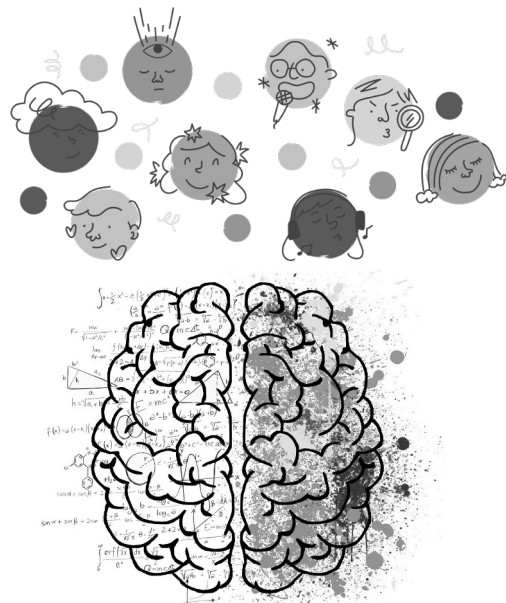
People with high levels of *Ability* often have a positive *self concept* of themselves due to the praise of others

6

## Overall Personality

*Personality* is a *characteristic* of ourselves that we are both born with and *develop (form)* over time during our lives.

Some parts of your personality can change over time, but this process can be challenging. If you are unhappy about yourself or personality help is available.



7