

# PATH-2-PASSION FRAMEWORK™

## WORKBOOK

### INDEX

<b>MODULE 1 - KNOWING WHO YOU ARE</b>	<b>2</b>
SESSION 1: UNDERSTANDING YOUR PERSONALITY (YOUR TEMPERAMENT)	2
Exercise 1.1.1	2
Exercise 1.1.2	3
Exercise 1.1.3	4
CUSTOMIZE YOUR CAREER ALIGNMENT EXPERT	5

# MODULE 1 - KNOWING WHO YOU ARE

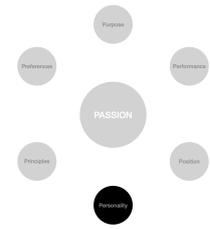
## SESSION 1: UNDERSTANDING YOUR PERSONALITY (YOUR TEMPERAMENT)

### EXERCISE 1.1.1

#### Preparation:

Visit the following link - <https://openpsychometrics.org/tests/O4TS/>

Carefully read the Test Background and Test Instructions.



#### Task:

Complete the Four Temperaments Test by clicking “**Begin assessment**”.

Carefully read the results from your Four Temperaments Test and consider the “strengths” and “weaknesses” of your Primary temperament (indicated by your Highest Score) as well as your Secondary temperament (indicated by your 2nd Highest Score).

#### Output:

From your Four Temperaments Test results, fill in the below:

**My Primary Temperament is:** \_\_\_\_\_ Score: \_\_\_\_\_ / 24

**My Secondary Temperament is:** \_\_\_\_\_ Score: \_\_\_\_\_ / 24

Save a copy of your Four Temperaments Test results for future reference.

## EXERCISE 1.1.2

### Preparation:

Read through the Top 5 “strengths” and Top 5 “weaknesses” of all four the temperaments again - Refer to Module 1 - Session 1 | Understanding Your Personality - Appendix 1.

### Task:

- 1) From your Primary Temperament's Top 5 “Strengths” and “Weaknesses”, highlight the “strengths” and “weaknesses”, which you personally recognize within yourself.
- 2) From your Secondary Temperament's Top 5 “Strengths” and “Weaknesses”, highlight the “strengths” and “weaknesses”, which you personally recognize within yourself.
- 3) From your remaining 2 non-dominant temperaments's Top 5 “Strengths” and “Weaknesses” (indicated by your lowest and 2nd lowest score from your Four Temperaments Test), highlight “strengths” and “weaknesses”, which you personally recognize within yourself.

### Output:

From all the “strengths” and “weaknesses” you highlighted, make a list below of your Top 10 temperament “strengths” and “weaknesses” in order of importance:

#### **My Top Temperament “Strengths”:**

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_
- 7) \_\_\_\_\_
- 8) \_\_\_\_\_
- 9) \_\_\_\_\_
- 10) \_\_\_\_\_

#### **My Top Temperament “Weaknesses”:**

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_
- 7) \_\_\_\_\_
- 8) \_\_\_\_\_
- 9) \_\_\_\_\_
- 10) \_\_\_\_\_

### **EXERCISE 1.1.3**

#### Preparation:

People who know you well, can often identify the “strengths” and “weaknesses” of your personality, much easier than you can!

Identify individuals you can approach for input and briefly explain to them that your objective is to make an important career decision, aligned to your personality type and that you need their help to understand yourself better.

#### Task:

Ask your family and friends, whether they agree with your list of temperament “strengths” and “weaknesses” (Refer to Exercise 2 above).

Also ask them to call out “strengths” and “weaknesses”, which you might have overlooked.

#### Output:

Where required, update your list of personal “strengths” and “weaknesses” - Refer to Exercise 2 above.

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## CUSTOMIZE YOUR CAREER ALIGNMENT EXPERT

### Steps:

- 1) Save this document as a PDF document with the name “PATH-2-PASSION Workbook - Session 1 only (My Career Guide - Input File)”.
  - 2) Open [MY CAREER GUIDE](#), by clicking [here](#) or pasting the following link into your internet browser of choice: <https://chatgpt.com/g/g-67c352d3cfc08191b18a51a83c876618-my-career-guide> - If required, register by creating a new profile.
  - 3) Upload your Input File into [MY CAREER GUIDE](#) as follows:
    - Below the box “Message MY CAREER GUIDE”, click on the +
    - Click Upload File and then browse your computer or device and select “PATH-2-PASSION Workbook - Session 1 only (My Career Guide - Input File)”
  - 4) Start talking to your personal career guide ([MY CAREER GUIDE](#)) and design your ideal work role, studies and career. Questions to get you started:
    - Considering my dominant temperament combination and my temperament “strengths” and “weaknesses”, explain the work environment and role I would thrive in, with reasons why it aligns with who I am?
    - Describe work environments and roles, which are not aligned with who I am, explaining why?
    - Which fields of study aligns with my temperament type and why?
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