

Northwest Permanente Wellness Passport Guidelines

April - June 2017

Intellectual: Know your personality type

Know your personality type

The most well-known personality test is called the Myers-Briggs Type Indicator. The theory behind the test is that all of our seemingly random and unpredictable behaviors are actually consistent patterns. The assessment determines your tendencies in four areas – extraversion (E) or introversion (I), sensing (S) or intuition (N), thinking (T) or feeling (F), and judging (J) or perceiving (P).

Knowing your personality type can help you better understand and appreciate their strengths. This can improve performance and professional development at work. It can also help you appreciate and understand others. It can be used to understand and strengthen many areas of your life: relationships, career, education, spirituality, and workplace.

Click the below link to take a free personality test. The test will take approximately 10 minutes and remember to answer honestly.

[Click here to take the personality test](#)

To receive credit, submit the following via email to NWPWellness@kp.org

- What is your personality type?
- Do you feel the description of your personality type is accurate?

Please submit all documentation to NWP Health & Wellness, KPB 16
or e-mail us at: nwpwellness@kp.org