

# THE STORY OF YOU

## Week 2 - Your Present (Part 2)

### THE MAIN POINT

Today we are diving deeper into who each student is. We want each student to leave this meeting feeling like they understand themselves better. Students have a difficult time being able to truly know, evaluate, and communicate who they are and what they are feeling. Today we are giving each student a Myers-Briggs test to help them process who they are.

### MATERIALS NEEDED

- Myers Briggs Personality test at [www.16personalities.com](http://www.16personalities.com)
- Snacks
- Note: Make sure your students know to bring their phones this week and try to meet in a location with access to Wi-Fi

### GETTING STARTED

Welcome everyone back to your small group. Go around and have everyone share two things: (1) their high of the week and (2) if they could fit any animal in their pocket, which animal would they choose?

Did anyone add another high or low to their map this week? What did you add?

Make sure that everyone has at least met one another and learned each other's names. Share the rules for small group and ask if everyone can agree to them.

### **RULES FOR SMALL GROUP:**

**Commitment** - Commit to being at every group meeting (make it a priority!)

**Confidentiality** - What is shared here stays here.

**Be honest or be silent** - don't make up an answer just to have one. Sometimes the most honest answer is no answer, so if you need to, just say pass.

**Respect** - for one another, their thoughts/ideas/opinions (no put downs).

Over the next six weeks we will be talking about you. Your story through the eyes of your present, your past, and your future. We started with your present last week, and we will continue that today!

## ACTIVITY

Have everyone take this online Myers Briggs test using their smartphones. The test can be found at [www.16personalities.com](http://www.16personalities.com). Have them click "take the test." This might take a few minutes, so play some music and have some snacks available.

We recommend the leader taking the test before the meeting so that they can explain what to expect. Don't share your results yet, just use your experience to share about the test itself. Ahead of the meeting, briefly familiarize yourself with the 16 different personality types on the site. This site is based on the Myers-Briggs personality test.

## GOING DEEPER

### Paul's Story

Last week we introduced you to a guy named Paul. Some people took what they knew about Paul and filled out the same test. Paul is an ESTJ - The Executive

## Extraverted Sensing Thinking Judging

Paul is: Practical, realistic, matter-of-fact. Decisive, quickly moves to implement decisions. Organizes projects and people to get things done, focus on getting results in the most efficient way possible. Takes care of routine details. Has a clear set of logical standards, systematically follows them and also wants others to. Forceful in implementing their plans.

People like Paul: Henry Ford, Bill O'Reilly, Tom Clancy, Martha Stewart, Dr. Phil, Hillary Clinton

- Have everyone go around and share their results. Share your results as well. Have them scroll to the bottom of their results and share what famous people they are like.
- Do you feel like your results are an accurate description of yourself? Why or why not?
- How can knowing this information about yourself help you?

I told you last week that part of Paul's story involves going blind. When he went blind, it was a major wake-up call for Paul. As we just learned, Paul was an ESTJ, which means that he was a pretty harsh person. During his life before going blind, he made a lot of enemies. He was not a good person. He was using his personality traits to organize people and get things done that were not good things.

- Have you ever been in a situation where your personality has gotten you into trouble?
- Do you ever wish you could change something about your personality? If so, what would it be?
- What do you like about your personality?
- What is the value in understanding yourself and others better?

## TAKE AWAY

We want students to leave this day feeling like they understand themselves and each other better. Hopefully their eyes were open to the value and importance of differences in people. Challenge them this week to put yourself in someone else's shoes this week (in conflict or in a disagreement) and try to understand their point of view. This can be with a friend, a sibling, or even a parent.