

# *Positive Mental Attitude*

Understanding your personality type

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Why is understanding your personality type important to having a positive mental attitude?

- Often, we look at other people and think, “I’m not like them.”
- Maybe we think negatively about ourselves because we think we SHOULD be like that person.
- But as we learn more about our own personality, we recognize that each personality type has something unique and valuable to offer... including YOURS!

# Understanding others

- Maybe we look at someone and say to ourselves, “Why aren’t they like me? ...”
- “Why don’t they do things the way I would?”
- “The way they do things is not right!”
- Understanding the personality types of others can help us overlook and accept the way they are, or the way they do things, and not think of others in such a negative light.

# Four types of personalities

- Most of us fall into one of four personality categories, although some people could be a mixture of two.
- Understanding WHO you are helps you to set goals for yourself and aim for the best targets in the things you choose to do.



# What are the 4 types?

- The Lion – the leader
- The Otter - a playful, joyful spirit
- The Golden Retriever - a loyal friend
- The Beaver - a hard worker and a detailed planner

# The Lion



# Strengths of the Lion

- naturally takes charge; assertive
- loves taking the lead and generally knows which way they want to go.
- has confidence in moving towards a goal
- naturally competitive and often initiates projects
- enjoys challenges
- wants to do things “now!” and hates to waste time when they could be getting something else done.

# Weaknesses of the Lion

- wants to make decisions quickly – ( might mean they might not have all the facts)
- under pressure, can be so decisive that they struggle with slowing down to get input from others before making a decision
- so driven to get something done, the task is more important than people, or the feelings of others.
- under pressure, if they feel their time is being wasted, or a decision is being blocked, they can be impatient, argumentative or even pushy.

# Greatest contribution

- They can accomplish much!
- When a Lion gains the wisdom to slow down and seek to include others, the Lion will become a great leader.
- A wise Lion will take the time to really “see” the strengths of the people God has placed in his or her life, and be an encourager to others.

# The Otter



# Strengths of the Otter

- fun-loving, enthusiastic, playful and encouraging.
- loves people and loves to talk.
- doesn't focus on details
- naturally friendly and engaging; they can form friendship bonds quickly with others.
- creative and full of energy, enthusiasm and life.
- optimistic and sees potential in new ideas.

# Weaknesses of the Otter

- loves starting things. (Sometimes that means they don't finish everything they start.)
- doesn't see the risks associated with a new idea, (doesn't always take time to read instructions)
- may be disorganized or too fun-loving when it comes to important discussions or challenges
- may be insensitive about not meeting deadlines that affect others.
- may be a 'people pleaser' and say yes to everything.

# Greatest contribution

- They are great to have on a team or in a marriage or family, with all their creativity, optimism, energy and life.
- A wise Otter knows how crucial it is to value people around them who are good at following through and setting a clear path.

# The Golden Retriever



# Strengths of the Golden Retriever

- considerate, good-natured and strong team player.
- kind-hearted and loves helping, serving and looking for ways to come alongside others, particularly people who are hurting
- appreciates people of other personality types
- excellent at seeking peace and harmony with others and wants to see closeness and caring attitudes in a home, marriage or workplace.

# Weaknesses of the Golden Retriever

- often tends to avoid problems at all costs, saying things like “Let’s talk about that tomorrow” or “Let’s deal with that later.”
- seeks to avoid conflict so much that they won’t talk about serious issues that need dealing with.

# Greatest contribution

- kindness, helpfulness and keeping the peace
- but there are times when problems need to be faced and dealt with today — not six months from now. This is why Golden Retrievers need others around them, who can help them move forward to achieve goals.

# The Beaver



# Strengths of the Beaver

- Have you ever heard the phrase, ‘busy as a beaver’?
- They are organized, detailed and dependable.
- They catch the spelling mistakes that everyone else misses.
- They need to know EXACTLY, not approximately, how much money they have in the bank.
- They’re great at following through and completing detailed tasks.

# Weaknesses of the Beaver

- can be highly critical of others
- can hold on to a grudge for a long time, clearly remembering the details of the offense
- can be extremely hard on themselves, particularly if they feel they've fallen short of a goal, made a mistake or done something wrong.

# Greatest contribution

- attention to detail and desire to do things in a quality and correct way
- can spot problems early on, even when an idea is being shared initially — which is one reason it's a good idea to invite a Beaver into a conversation or have one on your team.
- can help identify risks and challenges that can block or keep something from being successful.
- Beavers finish tasks and are good at planning today for a positive future.

# Christmas Party Scenario

## **A Christmas party was planned.**

- The Lions organized the party.
- The Otters came to the party wanting to talk to everyone there.
- The sensitive Golden Retrievers sat with one person who needed encouragement.
- The Beavers were the only ones who remembered to bring the food! That's because "Bring food" was on their list. Beavers love to check things off lists!

# To do ...

This presentation comes with a questionnaire, which will help you identify your personality type.

Complete the questionnaire and share your results with another person.