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My Personality Development

When I first began searching for my first full-time 'adult' job, the first question I asked myself was "well, what career is best suited to my habits?" Looking back now, I realize that when I started creating the pros and cons lists for each job offer, I was inherently trying to match the job with my personality. When taking the Myers Briggs test last week, it was determined that I was an INJF "advocate" which stands for Introvert, Intuitive, Feeling and Judging. This evaluation helped me learn a great deal about why I have the habits that I do and created a path for me to explore the underlying traits that I practice daily. "Advocates leave their mark on the world. They have a deep sense of idealism and integrity, but they aren't idle dreamers – they take concrete steps to realize their goals and make a lasting impact."

(16personalities 1) Every goal that I set for myself, I set with the intention of making a lasting impact on my life and the life of others around me. Knowing that I am an INFJ, I can explore what traits I'm most proud of, why I have these traits, and how these traits help me in my daily life.

As an INFJ, I have developed several traits over the years that I am proud of and embrace in my daily life. The first of these traits is being humble, I am told often how humble I am from friends and coworkers whenever I complete an accomplishment or something spectacular. I am in the habit of downplaying that accomplishment because as a person I don't know feel the importance of bragging about an accomplishment or an achievement, I have no issue with

presenting that information with others, but I am not the type to brag or constantly bring up what I have accomplished or done. I have gained respect from others due to this trait and this trait has also become an important factor in my promotion to a manager within my workplace.

Compassion is another trait that I have developed over the years. “Advocates value deep, authentic relationships with others, and they tend to take great care with other people’s feelings.”

(16personalities 1) Being compassionate is the trait I am most proud of, the ability to create positive communication climates when speaking with others is something that comes naturally and being able to create that warm environment in any situation provides a boost in my social interactions with others considering that being an INFJ, means I am more introverted rather than extroverted. Being introverted and reserved is a trait that I also cherish, I have always been a great listener, and this has helped me learn information quickly that benefits my career and educational well-being. “INFJs have a gift to intuitively understand human relationships and complex meanings as well as they often understand emphatically the feelings of their partners. They are also seen as even mysterious by others as they tend to share their internal intuitions only with those they truly trust.” (INFJ: MBTI® personality profile 1) Being reserved with who I trust and frequently communicate with has aided me in developing long lasting and significant friendships and relationships.

Along with being reserved, I also developed determination and an imaginative mind that defined my professional life. Determination is a trait that I am delighted to possess. This trait drives my values of success and the roads leading up to them, it helps me focus in on important tasks until completion. Imaginative is a trait that I value and use every day. In my career I typically have a list of items that need to be completed and these items come in randomly and frequently, I tend to map out these “to do” lists in my head and go through them on my computer

while I cross these items of my list in my head. Being able to remember these important tasks helps tremendously in fast paced environment such as logistics. I also use this trait for new processes to help make my team and my life easier, it fuels my ability to think outside of the box. These traits grew and developed with me from a young age and progressed through experiences I encounter through being a teenager to young adulthood.

Since I was a little kid, I went through experiences that helped form and develop my traits and habits. As I grew up, I progressed these traits and adopted the ones that best defined my personality. Being humble is an important trait that I developed over time starting at a young age, and rapidly progressed once I started my career in the logistics industry where it really took off. When I started as a trainee at TQL, I was an active listener and developed the skills needed to excel in my job position. I was very quiet in my work but in over 3 months I took over the operations of a large account shipping about 75 shipments per week, from there I cracked the trainee sales record point, and winning the Charlie Hustle Award for having the highest efficiency within the team as a trainee. They made me ring a bell and announced it to everyone, but no one knew those were the things I were doing until it was announced. I developed the habit of striving to excel in my job and keep my head down to focus in on my work. The achievements were a bonus to completing my assignments but also assurance that I was excelling at those assignments. Along with developing humbleness I also developed compassion for myself and others. Growing up in school and doing group projects, I always felt that there was always the select few who drove those conversations and directed the assignments. But as I developed as a person, I always thought to myself, what if I was in those other individuals' position? What if they had some useful information important to them that they wanted to share but were too shy to present that? The more I thought of that the more I was able to focus in during a conversation

in team meetings to analyze and direct the communication climate into a positive one to give everyone a chance to communicate their ideas. This led to better decision making and team morale.

Being humble and compassionate has also become an important factor in leading these communication climates, and has developed me into an introverted and reserved person. I developed being an active listener in school and has led into my career today. I value being able to listen and absorb information in every situation to quickly adapt to conversations or skills needed to complete assignments. I choose to let others speak and give them the positive environment to speak their feelings and values while I listen, this has led to a great deal of active listening and helped promote conversations rather than myself initiating them. This causes me to come off as reserved individual which I prefer as I would rather provide valued support to a conversation rather than try to direct one but using this has taught me how to effectively run and direct conversations and meetings. My imagination bloomed when I was young. Experiencing the evolution of entertainment as I grew up had a huge impact in my ability to use computers and sharpen my mind to be able to visualize scenarios for hobbies and assignments. This led into my determination to complete assignments and excel in progression towards my goals.

“INFJ people enjoy finding a shared vision for everyone, inspiring others and devising new ways to achieve the vision.” (INFJ: MBTI® personality profile 1) I use these traits I have developed over the years in my everyday life. They have helped me excel in my career and my progression into a leader. I utilized being humble and determined in my workplace by keeping my head down and focusing on my goals within my work. Through this process I was able to rapidly advance positions to achieve a management position on my team.” INFJs work hard to understand other people and make their workspaces a better place to be, and everyone who

works with them will be the beneficiary of their skills in this area.” (The INFJ in the Workplace

1) Each day I utilize my imaginative mind and compassion for others to create positive environments for my team members to contribute ideas and present creative ways to improve our efficiency within the workplace. This has given me the proper leadership qualities to lead my team from 75 shipments per week to over 300 per week. Over a 300% increase, and rather than seeking praise, my team and I continue to raise that number and raise that bar to achieve more.

“INFJs have the skills and the will to make workplaces calmer, quieter and kinder.” (The INFJ in the Workplace 1) These traits have paved way for my success as a leader and my ability to actively learn and listen to develop the skills I need to go above and beyond. Being introverted has helped me develop strong relationships and observation. This helps me catch on to course work and skills needed in my job so that I can quickly adapt to any situation quickly. This has had a tremendous impact on my career and this ability to adapt has placed me in positions to succeed.

Being an INFJ “advocate” has placed me in situations where I am able to excel and adapt within my daily life and professional settings. It has impacted my social interaction to create calm and inviting climates for others to present their ideas. Traits such as determination and imagination has fueled my mind to visualize and execute assignments and projects efficiently. These traits I have developed overtime has impacted my progression as an individual and played a major role in my development as a leader. The leadership style I utilize has brought a great number of successes to my career and the traits I have developed made it possible to develop strong relationships with my friends, family, and significant other. All these factors have combined to create the personality that I show and embrace in my everyday life and will continue to shape me as a person every day. I’m excited to see where these traits and habits will

take me in life and how it will positively affect those around me. I have built a strong foundation of traits representing the INFJ personality and this has put me in a position to excel now and the future.

Annotated Bibliography

The INFJ in the Workplace, <https://www.personalityclub.com/infj-workplace/>

“*The INFJ in the Workplace*” Is an article written by the personality club using resources from Joni Byars and Jenn Granneman to evaluate the strengths and weakness of the INFJ personality type in the workplace. This article provides a great foundation of supporting research and identifies how effective INFJ personality types are in the workplace. Content in this article can be used to identify and support how effective INFJ personality types are in the workplace and is relevant information to support the traits that assist these personality types in everyday life.

INFJ: MBTI® personality profile, <https://eu.themyersbriggs.com/en/tools/MBTI/MBTI-personality-Types/INFJ>

“*INFJ: MBTI® personality profile*” is an article by the Myers Briggs company that identifies key traits of the INFJ personality type and how helps these individuals grow and develop. This article is supported by the Myers Briggs personality test information and is a relevant source of information to evaluate the different traits that makes an INFJ personality individual who they are. The content in this article can be used to support how these traits impact these individuals’ interactions with one another and how individuals with this personality type grow and develop.

Advocate Personality INFJ-A / INFJ-T, <https://www.16personalities.com/infj-personality>

“Advocate Personality INFJ-A / INFJ-T” is a collection of articles consisting of everything you need to know about the INFJ personality type from strengths to workplace habits. Using their personality test, these articles pull information from these tests to identify an individual’s personally traits and types. This collection is a detailed source of information that is useful in informing the reader everything they need to know about this personality type and can be used to supplement and support how this personality type interacts with others and reasons they interact in that way.