**Likes & Dislikes + Personality**

1. **Name 5-10 activities you like a lot. Write one sentence next to each to explain why you feel this way.**
2. **Name 5-10 activities you dislike a lot. Write one sentence next to each to explain why you feel this way.**

Watch the WatchWellCast Video Intro to the Myers-Briggs Personality Test to learn a bit about the test you will take. <https://www.youtube.com/watch?v=nHSZ3_VMgjU>

Take a free (and shorter) version of the personality test to see what personality you have according to the test.

<https://www.16personalities.com/free-personality-test>



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1. **What was your result?**
2. **Do you agree with results why or why not?**
3. **Which characteristics surprised you?**
4. **Which characteristics applied to your likes or dislikes? Explain how.**
5. **How might you apply these ideas to your future?**