

CIRCLES JOURNEY

DISCOVERY THROUGH DIALOGUE

WHY

Each individual benefits from learning new styles of communication and discovery resulting in better communication, relationships with self and others, and a more confident approach to their world.

HOW

The topic does not matter. It is the approach and the end results that come from discovery that are important. Who is right and who is wrong, or what is right and what is wrong, is not the goal.

NOTICING

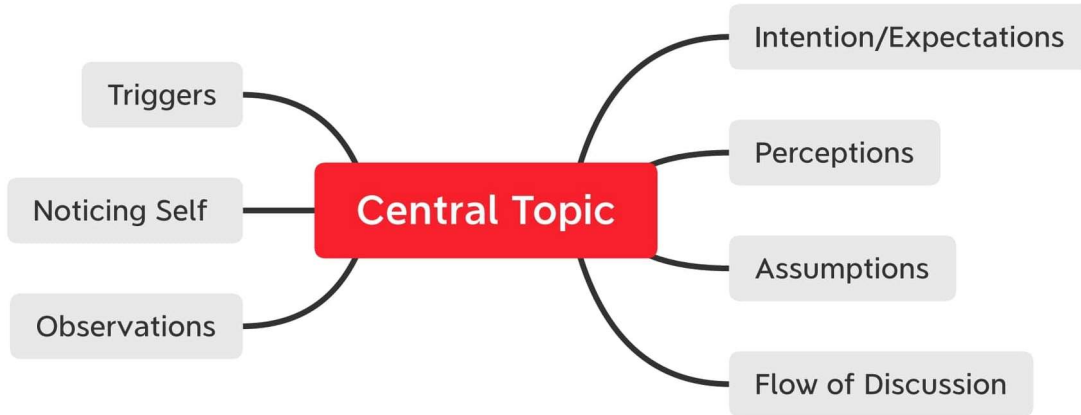
1. **Utilizing the MBTI type description** of your personality (<https://www.16personalities.com/>) Look up the description of that motivational type to gain an understanding of the pros and cons of your personality type.
2. **Look up the definition** for the word used as your Type Description. (see examples below) Go to: <https://www.dictionary.com/>

BE CURIOUS!



DIALOGUING WITH SELF

NOTICING your thoughts, emotions, assumptions, and beliefs is a full-time job! Getting better results than you have had in the past is your reward as you take responsibility for your own results, rather than gambling with the notion that other people, or events to line up in your favor. The Mind Map below will help you to uncover various levels of discovery and serve to help guide you in asking yourself more effective questions for self-discovery.



STAY CURIOUS!



Discovery is an adventure!

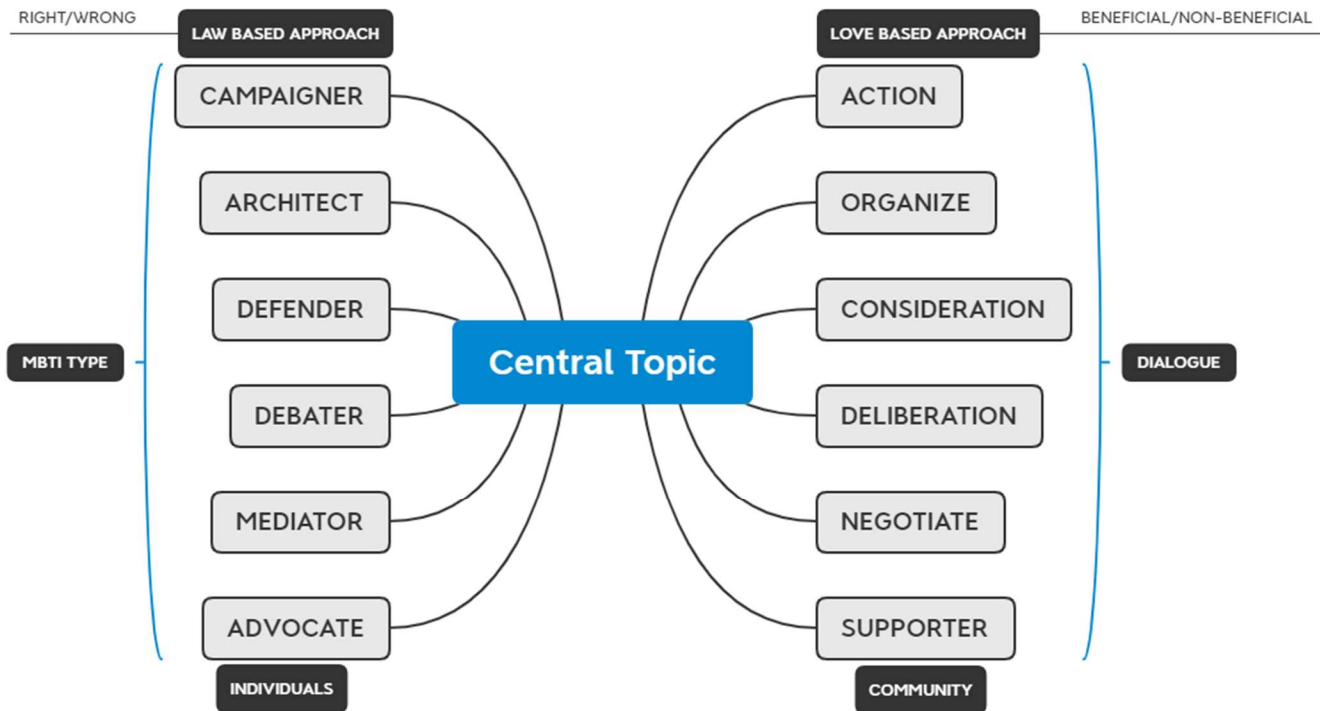


Tune-ups are expected!

DIALOGUING WITH OTHERS

Implementing what you have learned about your personality and how it approaches and sees the world, as well as noticing how you have adapted through various behaviors, belief systems and defenses, will help you to understand others as well.

We each approach the world differently. Giving ourselves grace and mercy will help us to give the same grace and mercy to others! When we do that, we can work together to expand our understanding, our love and results for ourselves – and for others, including our own family and friends. *(6 of 16 personality types are listed below)*



WARNING!



Beware of Sacred Cows
that weigh you down!