WHAT 18000 PERSONALITY ASSESSMENTS TAUGHT ME ABOUT HUMAN BEHAVIOR

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As a personality, leadership, and performance expert, my journey has been deeply rooted in the fascinating worlds of neuroscience and behavioral genetics. With a background that combines the interesting mechanism of the brain and genetic motivators with the individuality of human behavior, I am grateful to have had the opportunity to explore the essence of what makes us who we are. Conducting 18,000 personality assessments has unfolded the richness of human diversity before my eyes. These assessments, spanning DNA testing for talents and predispositions, neuroscience-based evaluations for thinking motivators, and behavioral assessments for skills and competencies, have collectively painted a clear picture of the human potential. Here's what this extensive exploration has revealed:

The Symphony of Genetic Potential

Through DNA testing, I've delved into the mysteries of our genetic makeup, uncovering a vast array of talents and innate potentials lying dormant within us. This exploration into our genetic blueprint has revealed that each individual I assessed carries a unique set of talents and predispositions, hinting at the different paths of potential excellence that lie ahead. Understanding these genetic whispers not only highlights the diverse talents among us but also underscores the importance of nurturing our natural inclinations, and building upon our genetic foundation to achieve greatness.

The Mind's Landscape Through Neuroscience

My neuroscience-based work has allowed me to uncover the deeply rooted thinking preferences and motivators that guide the thinking of individuals I have assessed. This dive into the brain's workings has highlighted the importance of aligning our pursuits with our cognitive preferences, ensuring that when we engage with the world in ways that resonate with our thinking inclinations, we find deeper satisfaction and motivation.

The Behavioral Diversity



The behavioral assessments I've conducted revealed a plethora of skills, behaviors, and competencies we acquire through life's experiences. This aspect of the assessment process illuminates how our learning and experience shape our behaviors to create the unique individuals we are.

Integrating the Three Dimensions

The integration of findings from the mapping of DNA testing, neuroscience-based assessments, and behavioral evaluations has provided a comprehensive lens through which to view human personality. This holistic approach not only reinforces my belief in the multifaceted nature of personality and potential but also teaches us valuable lessons about the dynamics of human nature.

Lessons and Observations

1. Uniqueness is Universal: Every individual's genetic makeup, thinking motivators, and behavioral patterns are unique. Embracing this uniqueness is crucial in fostering environments where each person can thrive.

Lesson 1: Embrace your uniqueness and accept the difference in others.

2. Potential is Plentiful but Personal: Our genetic predispositions and cognitive preferences signal areas where we might naturally excel if we acquire the relevant skills. Recognizing and nurturing these areas can lead to fulfilling and productive lives.

> ***Lesson 2: Identify your talents and potentials.***

3. Alignment Amplifies Achievement: Aligning our goals with our innate strengths and motivators is key to unlocking our full potential. This alignment not only enhances performance but also ensures a deeper sense of purpose.

> ***Lesson 3: Your purpose aligns with your nature.***

4. Growth is a Guided Process: Understanding our natural inclinations and preferences does not confine us but rather guides our growth. It helps us identify areas for development and channels our efforts more effectively.

> ***Lesson 4: Understanding your nature should come before the "growth mindset".***

5. The Power of Integration: Mapping genetics, thinking, and behaviors together offers a rich, multidimensional perspective on personality. This integrated view fosters a deeper understanding and appreciation of the complex beings we are.

> ***Lesson 5: Always look at both motivators and behaviors when trying to understand yourself and others.***

In conclusion, my journey conducting 18,000 personality assessments has deepened my appreciation for the complexity of human beings. It has taught me the critical importance of understanding, acknowledging, and nurturing our individual strengths, and the pathways to unlock the fullest potential within each of us. Meet Yourself™ is the only personality assessment I found to accurately measure all 3 facets of our personality simultaneously.