



# Who Am I?

## No “Rose Colored Glasses” Allowed!

By Carol Adrienne, Ph.D.

Do you get up in the morning and wonder if you are on the right track? Most importantly, do you feel you know your capabilities well enough to go for a different job or strike out on your own?

The need to find yourself and recognize your place in the world is hard-wired – and, it's a life's work to accomplish this task. Besides your own internal doubts, think about the forces acting to influence you in their direction! Your parents, boss, boyfriend or girlfriend all have an idea of what you should be doing. On a social level, you watch people on television reality shows or advertising and wonder if you're missing the boat. When you plunge into the Internet, it's even easier to get confused about what fits for you.

Answering the question "Who am I?" depends on five important factors.

✓ **Identify your natural inclination.** In your early years, where did your interest naturally gravitate? Were you always dribbling a ball, reading a book, listening to or playing music or tinkering in the garage?

✓ **Be honest.** Try to separate what turns you on from what you've been told is the best career path or most secure lifestyle.

✓ **Develop your core strengths.** Find a job where you get to do what you like to do! Enjoying what you do means you will go the extra mile to excel, even when times are tough. Too-often we leap into what's most readily available,

which is okay, too, if it gives us time to gain experience, make contacts or get some feedback.

✓ **Keep learning.** Take on new challenges. Sometimes an unexpected opportunity or setback brings out a strength that you didn't know you had. Barbara was a social worker for 15 years when she got laid off. She had always been good at investing. After training, she created a practice helping people get out of debt, applying her strengths for listening and advising to a whole new field.

✓ **Pay attention to intuitive hunches.** Different personality tests help us identify our strengths. One easy and fun way is to look at the numerological meaning behind the day you were born. According to numerology, an ancient system of character analysis, your numbers have an eerie way of describing some of your natural traits. While an experienced numerologist can go into many deeper aspects of your life plan, the day of birth is a fairly reliable guide to knowing a little more about who you are.

See how the description of your day of birth fits for you.

### 1. The Innovator

**Top Strength:** Courage. While you have a keen intellect, your strength is in taking action. Known as a leader among your friends and family, you are most excited when exploring something new

– whether it is a new upscale restaurant, Web site, work project, or eco-friendly product. Your strength lies in developing new products, services, or systems.

**What You Bring to the Table:** Fresh ideas, honesty, optimism, and enthusiasm. You can apply your talents in writing, design, planning, marketing, being an entrepreneur, sports, or businesses, which emphasize creativity. **Possible Mind Traps:** Determination turning into stubbornness, not listening to good advice.

### 2. The Coordinator

**Top Strength:** Subtlety. Exceptionally observant of people, you enjoy analyzing people's motivations and behavior. Always supportive of anyone going through a difficult time, your strengths arise out of your ability to empathize and listen. In a group, you may tend to observe quietly until asked for your opinion. You need time to process ideas, but your assessment of a situation is often extremely accurate and to the point. **What You Bring to the Table:** A cooperative attitude, insight, artistic eye and accuracy. You can apply your talents in customer relations, administration, accounting, teaching, hospitality, graphic design or computers. **Possible Mind Traps:** Over-thinking, indecisiveness.

### 3. The Energizer

**Top Strength:** Vitality. An upbeat and enthusiastic person, you can handle a fast pace and prefer work life that offers variety. Your natural drive for keeping in

touch and being up-to-date keeps your social network informed of what's happening and helps promote community. Your strength lies in making other people feel good about themselves, whether it is a compliment, a helping hand or just listening. You can apply your talents to family life, any kind of sales, education, design, sports, fashion or the arts. **What You Bring to the Table:** Positive energy, humor, creative ideas and optimism. **Possible Mind Traps:** Tendency to talk more than listen, over-optimism, gullibility; procrastination or lateness.

#### 4. The Manager

**Top Strength:** Follow-through. As you are an outstandingly practical person, others depend on your problem-solving ability and reliability. Your step-by-step approach to projects, as well as your down-to-earth attitude, inspires confidence in others. You feel most alive when involved in an interesting project or problem, and won't stop until you complete what you started. **What You Bring to the Table:** Dependability, honesty, loyalty and physical stamina. You can apply your talents to parenting or teaching, business, managing, building, engineering; anything earth-related, nutrition and health. **Possible Mind Traps:** Needing to be in control, over-explaining a point, getting into a rut.

#### 5. The Experimenter

**Top Strength:** Curiosity. With your ability to adapt to things quickly, you are happiest when involved in a little adventure. Extremely perceptive, you keep up with the news no matter what your life situation is. Excited by new ideas and trends, you are quick to spot an opportunity. You feel most alive when traveling or encountering a stimulating coincidence or synchronicity. **What You Bring to the Table:** Open-mindedness, the ability to look beyond rules, practicality and decisiveness. You can apply your talents to: transportation and travel, hospitality, marketing; promotion, or free-lance and part-time jobs. **Possible Mind Traps:** Over-commitment of time, glossing over details, reluctance to commit, easily distracted, putting your foot in your mouth.

#### 6. The Rock of Gibraltar

**Top Strength:** Loyalty. You are one of

the most conscientious and dependable people in the world! Your strengths lie in your natural sense of responsibility and ability to form long-term relationships. Family and friends value your ability to step in when needed. Steadfast and rather traditional, you are the glue that holds relationships together. **What You Bring to the Table:** Thoughtfulness, caring, commitment to making the world a better place and sometimes good food and wine! You can apply your talents to healing, teaching, counseling, parenting, human resources or any type of service business. **Possible Mind Traps:** Guilt, anxiety, regret, resentment, becoming too opinionated or over-protective.

#### 7. The Analyzer

**Top Strength:** Intuition. Rather scholarly, you enjoy periods of solitude to putter around with a hobby, such as an unusual collection of items, Internet surfing, gardening, pets or reading. A deep curiosity allows you to take your time before coming to conclusions. While always thoughtful before speaking, arrogant people may bring out your sharp wit and honesty. Your love of history and esoteric subjects makes you an interesting conversationalist. **What You Bring to the Table:** Ability to focus, assess information and follow your hunches. You can apply your talents to research, financial matters, spiritual subjects, medicine or teaching. **Possible Mind Traps:** Cynicism, needing to be right, being overly critical, giving others the silent treatment.

#### 8. The Executive

**Top Strength:** Decision-making. A person with few fears, you love being in a position where you can take action, lead or fix a problem. If female, you work and run your home and family in an organized and business-like manner. In almost any career position, you are the person who knows how to get things done – punctually. **What You Bring to the Table:** Reliability, decisiveness, good business and financial sense, good judgment. You can apply your talents to helping run an organization, owning a business, manufacturing, medicine, law, publishing, engineering, financial investing or real estate development.

**Possible Mind Traps:** Blaming, judging, workaholism, coldness, over-emphasis on money.

#### 9. The Humanitarian

**Top Strength:** Tolerance. Your generous and open-minded nature makes it easy for you to create a good network of friends and co-workers. Your emotional intensity and knowledge is fascinating to some, but may irritate practical types. You do well in situations where you can help the underdog. You have a great capacity to enjoy life, especially good food and drink, travel and foreign cultures. **What You Bring to the Table:** Persuasion, rapport, intuition, sense of humor, and wisdom. You can apply your talents to international work or travel, education, healing and charitable work. **Possible Mind Traps:** Moodiness, resignation, over-optimism, confusion and procrastination.

#### 10. The Pioneer

**Top Strength:** Innovation. You have exceptional ability to reason out complex problems and make it seem effortless. Never lazy, nevertheless you enjoy keeping things simple and easy. Discovery, challenge and beauty make you feel alive. You have an innate instinct for quality and an extremely creative mind. **What You Bring to the Table:** The ability to take independent action, pioneering spirit, mental comprehension and courage. You can apply your talents to planning, being an entrepreneur, design, writing, sports and untried ventures. **Possible Mind Traps:** Self-righteousness, elitism, perfectionism, laziness or sarcasm.

#### 11. The Quiet Inspirer

**Top Strength:** Inspiration. You may appear rather quiet and sensible on the outside, but your mind and heart are often engaged in a battle between what you feel and what you know. Your moody and intense nature makes you susceptible to the moods of others. An avid student of human nature and spiritual subjects, people often seek you out for confidential talks. **What You Bring to the Table:** Psychological insight, ability to help others reach goals, artistic flair and ability to spot errors. You can

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apply your talents to support roles, writing, public speaking, art, human resources and customer relations. **Possible Mind Traps:** Over-sensitivity, insecurity in new situations, indecisiveness.

## 12. The Communicator

**Top Strength:** Creativity. A person with many interests and wide knowledge, you can handle a fast pace and prefer work life that offers variety or travel. Your instinct for meeting key people gives you exceptional ability to get ahead in life. Your strength lies in connecting with people emotionally. Your ability to concentrate, listen and draw sympathetic conclusions makes others feel known and heard. You can apply your talents to family life, education, design, fitness, fashion or photography. **What You Bring to the Table:** Positive energy, humor, creative ideas and optimism. **Possible Mind Traps:** Cynicism, staying too busy, taking on too much responsibility.

## 13. The Reformer

**Top Strength:** Perseverance. Creativity, innovation and a practical approach give you exceptional abilities to succeed in almost any situation. You have a great knack for estimating cost and time issues. You can see both the big picture and the steps to get there in almost any project. Handling obstacles and problems makes you feel alive – once you see your way through. **What You Bring to the Table:** Self-discipline, good judgment, dependability, honesty and perseverance. You can apply your talents to parenting, teaching, business, managing, building and anything health or earth-related. **Possible Mind Traps:** Need to be in control, stubbornness, over-zealousness.

## 14. The Deal-Maker

**Top Strength:** Adventurousness. With you adaptable, curious, and restless nature, you are happiest when exploring the unknown. Extremely active and alert for trends, you keep up with a variety of news sources. Excited by scientific breakthroughs and other innovations, you are quick to spot an opportunity. You feel most alive when traveling, expressing ideas and socializing. **What You Bring to the Table:** Open-minded-

ness, iconoclasm, liveliness and decisiveness. You can apply your talents to transportation and travel, business (deal-making,) marketing, promotion or freelance jobs. **Possible Mind Traps:** Hot temper, cynicism, glossing over details, easily distracted.

## 15. The Activist

**Top Strength:** Resilience. You have an amazing ability to lead in a crisis. Very conscientious and dependable, you desire to help others become self-sufficient! Therefore, your strength lies in communicating and teaching. Family and friends value your loyalty, good humor and warmth. Despite a generally traditional perspective, you welcome new methods, as long as they are practical and efficient. **What You Bring to the Table:** Personal experience, thoughtfulness, commitment to making the world a better place. You can apply your talents to teaching, counseling, parenting, human resources or a service business. **Possible Mind Traps:** Feeling overly-responsible for others, resentment.

## 16. The Scholar

**Top Strength:** Wisdom. Fascinated by good books, unusual subjects and spiritual teachings, you enjoy periods of solitude to acquire more knowledge. Your strength lies in attracting exceptional people who can help you learn. What makes you feel most alive is gaining insight into the mysteries of life. Your love of animals, history and esoteric subjects makes you an interesting conversationalist. **What You Bring to the Table:** An ability to focus and clarify concepts, reliable intuition and the drive to understand. You can apply your talents to education, research, financial matters, spiritual subjects or medicine. **Possible Mind Traps:** Doubt, slow to trust, needing to be right or being overly critical.

## 17. The Negotiator

**Top Strength:** Executive ability. Virtually fearless in business, you feel most alive when in a position where you can take action, lead or fix a problem. If female, you enjoy a high-stress career as long as you can run your home in an organized and business-like manner or hire a housekeeper. One of the most fair

and honest people, you nevertheless are shrewd in negotiation. **What You Bring to the Table:** Clear-thinking, decisiveness, innovation, good judgment. You can apply your talents to owning a business, publishing, editing, medicine, law or investing. **Possible Mind Traps:** Impatience with slower-moving types, well-hidden self-doubt, status-consciousness.

## 18. The Motivator

**Top Strength:** Power to Persuade. Interested in topics from A to Z, your gigantic curiosity helps you learn exactly what you need to succeed. Fortunate in many ways, you enjoy giving back to others – through advice, kindness and, sometimes, financial help. Your generosity of spirit and compassion attract a wide range of friends and colleagues, from young to old, from conservative to liberal. You have a great capacity to enjoy life. **What You Bring to the Table:** Wisdom, rapport, intuition, sense of humor and personal power. You can apply your talents to international work, education and charitable work. **Possible Mind Traps:** Moodiness, hot temper, depression, cynicism.

## 19. The Humble Leader

**Top Strength:** Vision. Despite a tendency to be modest, you have a natural ability to look for new solutions, which is likely to bring recognition. Your passion and aliveness come from showing people a better or more positive way of living, whether it's a powerful healing method or a well-designed bicycle. **What You Bring to the Table:** The ability to simplify complex issues, courage in a crisis, honesty and strong principles. You can apply your talents to research, writing, reporting, design, sports and untried ventures. **Possible Mind Traps:** Stubbornness, perfectionism, fear of public criticism, eccentricity.

## 22. The Facilitator

**Top Strengths:** Artistic and Perceptive. Friendly and supportive, you never lack for friends (or clients if self-employed.) Others are attracted to you for psychological insights and understanding. A natural mediator and co-ordinator, you encourage others to confront their fears and become more self-sufficient. You feel most alive when in love, when you

# Bonkers EYE FOCUS

DIRECTIONS: Focus. Find the 8 differences in details between pictures.

have work and play in balance or when you have a friendly audience. **What You Bring to the Table:** Insight, calmness, tolerance and guidance. You can apply your talents to counseling, customer relations, administration, teaching, spirituality or graphic design. **Possible Mind Traps:** Over-thinking, becoming over-scheduled, indecisiveness.

## 21. The Story-Teller

**Top Strength:** Artistic innovation. A person with many creative friends, you come alive whenever discussing ideas about beauty and philosophy. You love relaxing and socializing. Creative ideas flow through your mind, but when it comes to implementation, you enjoy working with a practical friend. With a talent for being in the right place at the right time, your strength lies following the flow of life. You can apply your talents to creative projects, fitness, being an entrepreneur, fashion or photography. **What You Bring to the Table:** Creative ideas, humor, flexibility and optimism. **Possible Mind Traps:** Procrastination, talking but no action, impracticality, forgetfulness.

## 22. The Master Builder

**Top Strength:** Practical Vision. As the "Master Builder," you expect a lot from yourself. Possible early challenges (e.g., lack of money, restrictive circumstances, health problems, or childhood abuse) give you great empathy and understanding of others' difficulties. As you mature, you become more philosophical and the desire to help others increases. Handling obstacles and problems makes you feel alive, once you can apply your experience. **What You Bring to the Table:** Wisdom, honesty and perseverance. You can apply your talents to parenting, teaching, business, building and anything health or earth-related. **Possible Mind Traps:** Resignation, helplessness, idealism, over-zealousness.

## 23. The Adventurer

**Top Strength:** Motivational Ability. With your gregarious and restless nature, you are happiest when meeting interesting people. A good balance of caution and spontaneity, you know how to think on your feet. Excited by pro-

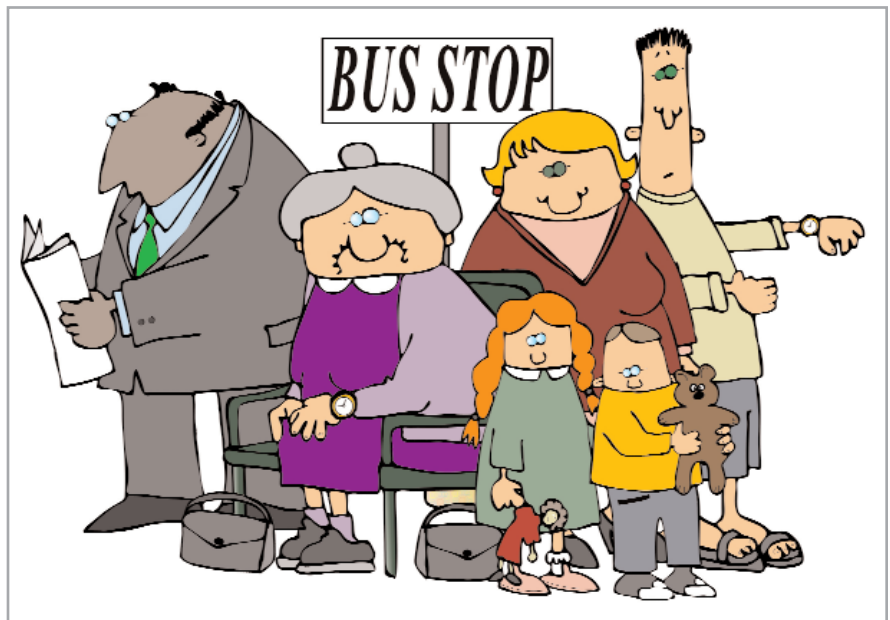
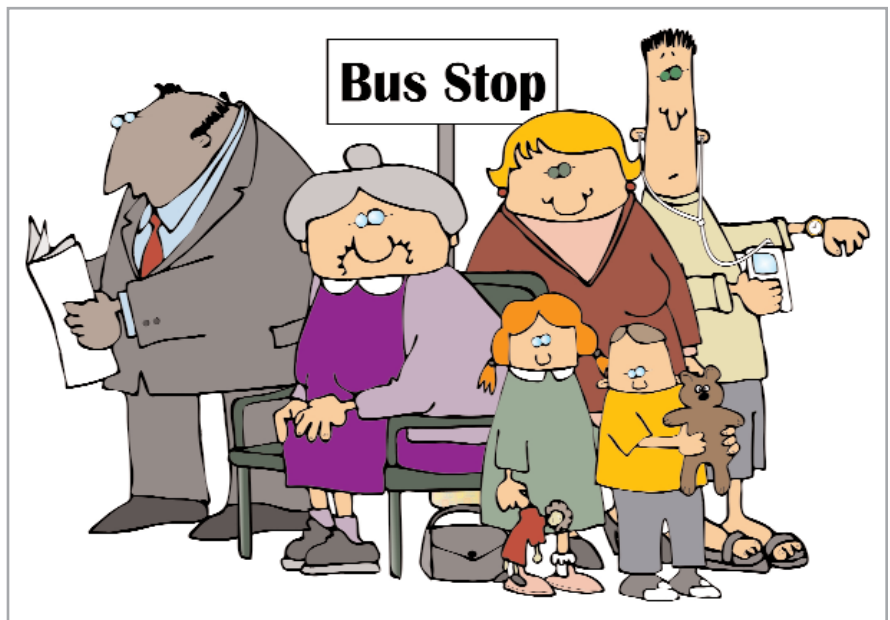
gressive social ideas and economic breakthroughs, you come alive when "spreading the word." You feel most energized when working on a project, expressing ideas and socializing. **What You Bring to the Table:** Open-mindedness, liveliness and decisiveness. You can apply your talents to promotion, politics, travel, negotiation, coordination and free-lance jobs. **Possible Mind Traps:** Glossing over details, superficiality, lack of follow-through, getting

distracted.

## 24 - The Advisor

**Top Strength:** Relationship-building. Extremely cautious in everyday affairs, you can be surprisingly adventurous on vacation! Your leadership comes out in a crisis. Very conscientious, practical and dependable you desire to help others achieve their goals. People trust you, and you never lack for friends or clients. Warm, humorous and very traditional at

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ANSWERS: 1. Male in suit has a green tie. 2. Bus stop sign different letters. 3. Boy wearing long sleeves sweater. 4. Boy pants has a pocket on. 5. Tall man not using headphones. 6. Older lady wearing a watch. 7. There's an extra hand bag in front of older lady. 8. Gift has long hair.

home, you nevertheless enjoy discovering the newest trends. **What You Bring to the Table:** Practicality over idealism, a realistic view and loyalty. You can apply your talents to accounting, teaching, counseling, parenting, law, business or family interests. **Possible Mind Traps:** Feeling overly-responsible for others, holding a grudge.

## 25. The Researcher

**Top Strength:** Inspired Analysis. Extremely intuitive, you may even be able to communicate with animals, which would make you a good pet owner or veterinarian. Despite a love of reading, you are able to understand many things without formal education. Your passion lies in gathering information and gaining insight into the mysteries of life. Your love of culture, antiquity and spiritual subjects provides a lifetime of pleasure. **What You Bring to the Table:** Knowledge, reliable intuition and the drive to understand. You can apply your talents to education, research, financial matters, spiritual subjects or medicine. **Possible Mind Traps:** Suspicion, becoming a loner.

## 26. The Authority

**Top Strength:** Balanced Leadership. With an excellent head for business, you feel most alive when seeing the results of your planning and labor. Hardworking, fair and honest, you think of your employees or co-workers like family. You enjoy providing for others, whether it is a meal, a job or financial support. You tend to value family, tradition, practicality and friendship. **What You Bring to the Table:** Balanced thinking, compassion, good judgment and follow-through. You can apply your talents to office work, owning a business, medicine, law, education, government work and investing. **Possible Mind Traps:** Well-intentioned interfering in others' problems, resentment, anxiety.

## 27. The Shaman

**Top Strength:** Spiritual Understanding. Philosophical and artistic, good conversation makes you feel alive. Although not strongly motivated toward a career, your fine intuition and understanding of human nature draw you to the fields of psychology, teaching, energy work, art,

theater, religion and spirituality. Your generosity of spirit and compassion attract a wide range of friends, including celebrities. While you have a great capacity to enjoy life, you also understand sorrow. **What You Bring to the Table:** Wisdom, rapport, intuition and personal power. You can apply your talents to any of the arts, education and charitable work. **Possible Mind Traps:** Moodiness, naiveté, depression.



## 28. The Designer

**Top Strength:** Design and Boldness. Your strength lies in your combination of charm and good business sense. A good listener and conversationalist, you enjoy problem-solving. You have no trouble coming up with innovative solutions to almost anything. You like to learn while doing, rather than studying boring texts. **What You Bring to the Table:** Good communication, loyalty, an enterprising spirit, flexibility, hard work and design skills. You can apply your talents to building, planning, business, art, fashion, product design, team sports or being a chef. **Possible Mind Traps:** Over-scheduling your time, stubbornness, arrogance, people-pleasing, perfectionism.

## 29. The Psychologist

**Top Strength:** Understanding. Chameleon-like, you can be bright as a flower one minute and fading into the tree branch the next. Sensitive to the weather, the environment or other people's moods, you are driven to analyze everything that happens. Absorbing

information like a sponge, you are most alive when receiving a spiritual insight. **What You Bring to the Table:** Whimsy, sense of humor, psychological insight, artistic genius and compassion. You can apply your talents to partnerships, writing, art, music, poetry, energy work and psychology. **Possible Mind Traps:** Over-sensitivity, insecurity in new situations, procrastination, indecisiveness.

## 30. The Thinker

**Top Strength:** Synthesizing Information. A person with many interests, from economics to pop music, you come alive whenever discussing ideas about improved methods or current trends. You enjoy travel, relaxing and learning. You have a strong imagination, but when it comes to implementation, you need self-discipline and a good plan. With a talent for being in the right place at the right time, your strength lies in following the flow of life. You can apply your talents to sales, speculation, dancing, self-employment, teaching and photography. **What You Bring to the Table:** Creative ideas, humor, flexibility and optimism. **Possible Mind Traps:** Intellectual arrogance, talking but no action.

## 31. The Manifestor

**Top Strength:** Implementing a Vision. As one of the practical "fours" (3 + 1 = 4) you keep yourself busy with projects. A great combination of optimism and realism, you come alive when starting a new project, but it has to matter to you. Hard work is almost fun for you, especially if you are in charge. You are most alive when battling the elements (storms) or handling obstacles and fixing problems. **What You Bring to the Table:** A take-charge attitude, stamina, honesty and perseverance. You can apply your talents to teaching, business, building and anything health or earth-related. **Possible Mind Traps:** Arrogance, resignation, blame, over-zealousness, workaholism. GB

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