

do what you are paul tieger

Do What You Are Paul Tieger is a transformative approach to understanding oneself and finding the right career path. Based on the Myers-Briggs Type Indicator (MBTI), this methodology combines personality psychology with career development, helping individuals discover their true selves and align their careers with their innate strengths. In this article, we will explore the principles behind "Do What You Are," delve into its impact on career choices, and provide actionable steps to implement this philosophy in your life.

Understanding the Foundation: Myers-Briggs Type Indicator

The foundation of "Do What You Are" lies in the Myers-Briggs Type Indicator, a personality assessment tool developed by Isabel Briggs Myers and her mother, Katharine Cook Briggs. This tool categorizes individuals into 16 distinct personality types based on four dichotomies:

- **Extraversion (E) vs. Introversion (I):** How individuals focus their attention and recharge.
- **Sensing (S) vs. Intuition (N):** How individuals prefer to take in information.
- **Thinking (T) vs. Feeling (F):** How individuals make decisions and evaluate information.
- **Judging (J) vs. Perceiving (P):** How individuals approach the outside world and structure their lives.

By understanding these dimensions, "Do What You Are" helps individuals identify their personality type and how it relates to their career choices.

The "Do What You Are" Approach

Paul Tieger, along with his co-author Barbara Barron Tieger, published the book "Do What You Are," which provides a comprehensive guide to aligning personal strengths with career opportunities. Their approach emphasizes the importance of self-awareness in making informed career decisions.

The Importance of Self-Awareness

Self-awareness is crucial for both personal and professional growth. By understanding your personality type, you can:

- Identify your strengths and weaknesses.
- Choose a career path that aligns with your natural inclinations.
- Improve interpersonal relationships in the workplace.
- Enhance job satisfaction and overall happiness.

Steps to Discover Your Personality Type

To apply the "Do What You Are" philosophy, follow these steps to discover your personality type:

1. **Take the Myers-Briggs Type Indicator (MBTI):** This assessment will provide you with a four-letter personality type. You can find various online versions, or seek a certified professional for guidance.
2. **Analyze Your Results:** Understand what your personality type means. Research characteristics, strengths, and weaknesses associated with your type.
3. **Explore Career Options:** Use resources provided in "Do What You Are" to identify careers that align with your personality type. The book includes specific job suggestions for each of the 16 types.

Applying "Do What You Are" in Your Career

Once you have identified your personality type, the next step is to apply this knowledge to your career. Here are some strategies to consider:

1. Tailor Your Job Search

Understanding your personality type can help you target your job search effectively. For example:

- If you are an ENFP, you may thrive in creative or people-oriented roles such as marketing, counseling, or education.
- An ISTJ might find fulfillment in structured environments like finance, law, or project management.

2. Enhance Your Skills

Utilize your personality insights to identify skills you may want to develop further. For instance, if your type suggests a tendency towards introversion, consider honing your communication skills to better interact in team settings.

3. Network Strategically

Understanding your personality type can also inform how you network. For example:

- Extraverts may prefer large networking events, while introverts might choose smaller gatherings.
- Feeling types can focus on building rapport, while thinking types may prefer to discuss ideas and strategies.

Benefits of "Do What You Are"

The "Do What You Are" approach offers numerous benefits, including:

1. Increased Job Satisfaction

Aligning your career with your personality type can lead to greater job satisfaction. When individuals engage in work that resonates with their natural inclinations, they are more likely to feel fulfilled and motivated.

2. Better Work-Life Balance

Understanding your strengths and weaknesses enables you to choose careers that suit your lifestyle, leading to a better work-life balance. For instance, a person who values structure may thrive in a 9-to-5 job, while someone who values flexibility may prefer freelancing.

3. Enhanced Team Dynamics

When individuals understand their personality types, they can work more effectively in teams. By recognizing diverse strengths, team members can collaborate more efficiently and appreciate each other's contributions.

Challenges and Considerations

While "Do What You Are" offers valuable insights, it is essential to approach personality assessments with caution. Here are some challenges to consider:

1. Overgeneralization

Relying solely on personality types can lead to overgeneralization. While these assessments provide useful frameworks, individuals are complex and may not fit neatly into one category.

2. Changing Circumstances

People evolve over time, and so do their career aspirations. It's vital to periodically reassess your personality type and career goals, especially after significant life changes.

3. Limitations of the MBTI

The Myers-Briggs Type Indicator has faced criticism for its lack of scientific rigor. While many find it helpful, it's essential to complement this approach with other career exploration tools and insights.

Conclusion

In summary, **Do What You Are** Paul Tieger is a powerful framework for self-discovery and career alignment. By leveraging the insights from the Myers-Briggs Type Indicator, individuals can tailor their career paths to better match their personality types. Whether you're just starting your career journey or seeking a change, understanding your true self can lead to greater fulfillment and success. Embrace the journey of self-discovery and take charge of your career today!

Frequently Asked Questions

What is the main premise of 'Do What You Are' by Paul Tieger?

The main premise of 'Do What You Are' is to help individuals identify their personality type using the Myers-Briggs Type Indicator (MBTI) and how that knowledge can guide them in choosing a fulfilling career path.

How does 'Do What You Are' suggest using personality types in career planning?

'Do What You Are' suggests that understanding your personality type can help you align your career choices with your natural preferences, strengths, and values, leading to greater job satisfaction and success.

Are there practical exercises included in 'Do What You Are'?

Yes, 'Do What You Are' includes practical exercises, assessments, and reflection questions that guide readers in exploring their personality types and how they relate to different careers.

Can 'Do What You Are' be used for career transitions?

Absolutely! 'Do What You Are' is particularly helpful for individuals considering career transitions, as it provides insights into how their personality traits can be applied to new fields or roles.

What age group is 'Do What You Are' suitable for?

'Do What You Are' is suitable for a wide range of age groups, from high school students exploring their first career choices to adults seeking a career change or greater fulfillment in their work.

How does the book address common career challenges?

'Do What You Are' addresses common career challenges by helping readers understand their intrinsic motivations and how to leverage their personality traits to overcome obstacles in the workplace.

Is 'Do What You Are' backed by research?

Yes, 'Do What You Are' is backed by research, integrating psychological theories and real-world examples to support its recommendations about the interplay between personality and career satisfaction.

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