

just a reminder

REMINDER: If you truly want to change your life, you should not forget that you have to work so that you can improve.

STEP BY STEP

1. Do the mbti test: The mbti stands for *Myers Briggs Type Indicator*, it helps individuals understand their own communication preference and how they interact with others. It began with Katharine Cook Briggs and her daughter, Isabel Briggs Myers, in the United States in the early mid-20th century, but they took inspirations from Carl Jung's book, *Psychological Types*
2. Identify your weaknesses and strengths and improve them: This is the very beginning and a fundamental step. You can make a list or ask someone close to you to help you or you can do the mbti test. If you don't know how to improve them you can find in this cheat sheet the causes and "how to remedy"
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