

The Top Five Resources You Need to Get Started on Understanding Yourself Right Now

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Do you know that **you're fearfully and wonderfully made** (Psalm 139:14)? The key to understanding yourself is **discovering who you are**. Here are five tools that I've used as a single Christian woman:

- 1. The Love Languages Test.** Do you know what makes you feel loved by those around you? According to Dr. Gary Chapman in "[The Five Love Languages Single Edition: The Secret that Will Revolutionize Your Relationships](#)", there are five love languages- words of affirmation, quality time, gifts, physical touch and acts of service. Discover your love language with this quiz - <https://www.5lovelanguages.com/quizzes/singles-quiz/>.
- 2. The Temperaments Test.** Which personality type are you? Based on the "[Personality Plus: How to Understand Others by Understanding Yourself](#)" by Florence Littauer, each person has a mixture of the following personality types such as melancholy, phlegmatic, sanguine, and choleric, but generally there are two stronger ones influencing who you are.
- 3. The Personality Profiles (Myers-Briggs Type Indicator).** This profile test is even more thorough than the temperament test. There are 16 personality profiles - The Inspector, The Counselor, The Mastermind, The Giver, The Craftsman, The Provider, The Idealist, The Performer, The Champion, The Doer, The Supervisor, The Commander, The Thinker, The Nurturer, The Visionary, and The Composer. Do your free test here <https://www.personalityperfect.com/test/free-personality-test/>.
- 4. Gallup's Strengths Finder Test/Clifton Strengths.** This seeks to explain what you do best and what you need from others in order to excel. There are 34 themes across four domains. For more, check out <https://www.gallup.com/cliftonstrengths/en/strengthsfinder.aspx>.
- 5. Dr. Caroline's Leaf's The Gift Profile.** You can discover how uniquely God has made you and the way you process information. Check out her book, "[Think, Learn, Succeed: Understanding and Using Your Mind to Thrive at School, The Workplace, and Life](#)".

Check out:

[5 Compelling Reasons Why Singleness is Beautiful](#)

[7 Tips to Become a More Confident Woman](#)

**With love & laughter,
Kimberly Garth**