



少林功夫學院
Shaolin Kung Fu Academy

Your Personality

Kung Fu Instructor in Training Program

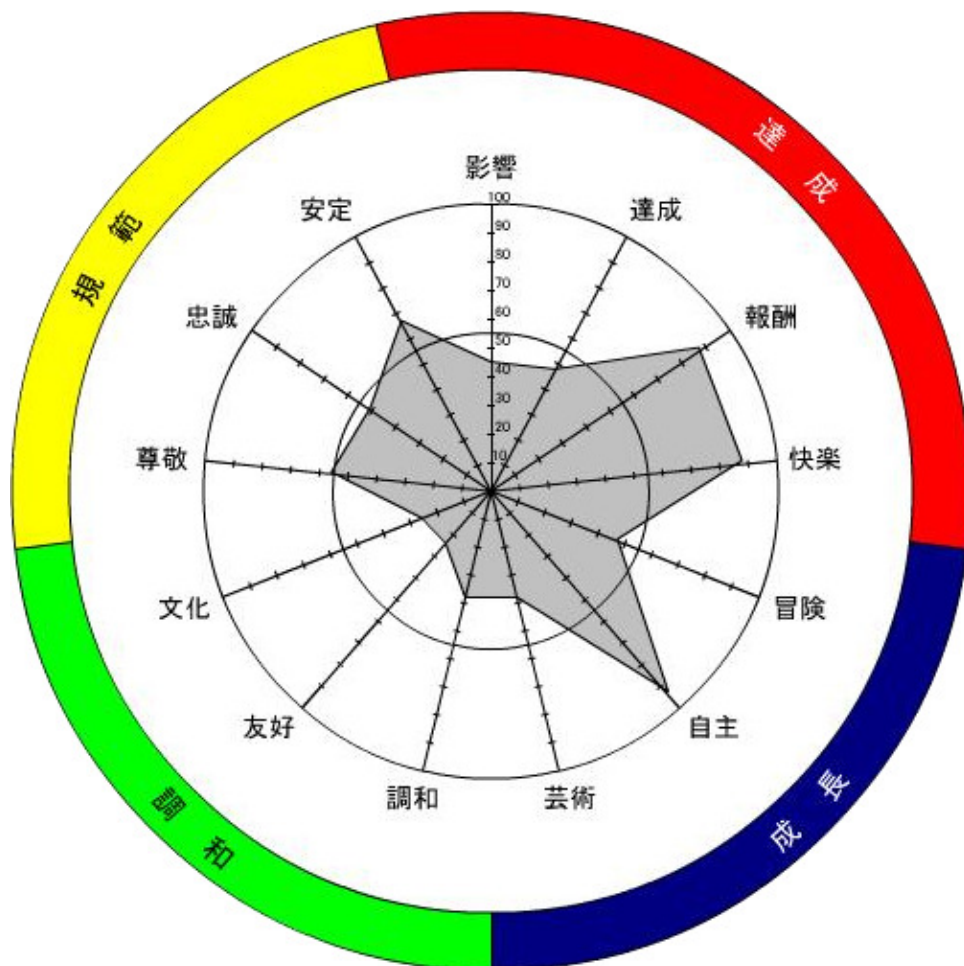


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Characteristics of First Born Children

- Smarter? First born children may be smarter than youngest and middle children. First born' IQ points are on average 3 points higher than their younger siblings; in fact, IQs tend to drop as more children are born in the family. This may be because parents spend more time with first born, and first born children mentor their younger siblings and thus learn more. However, Aaron Wichman of Ohio State University found that it's not birth order that affects intelligence, it's family size ("Older Children Not Smarter Than Younger Sibs, Study Finds."). Big families can't offer the same advantages to all the kids that small families can – it's genetics and the family environment that affects IQ more than birth order.
- Better educated. First born children are more likely to go to college or university than youngest or middle children. If parents can afford to send one child to school, it's more likely to be the first born. Families invest more in first born children than middle or youngest children.
- Earn more money. First born children may earn more money and be more likely to hold a high-paying, white collar job. First born are more likely to be surgeons, chairs in boardrooms, and hold MBAs.
- Favourites. First born children are more likely enjoy resources (food, parental time, emotional nourishment, attention) than youngest children. It becomes a cycle: the more first born are nurtured, the stronger they become – prompting parents to invest even more time, money, and attention.

Characteristics of Middle Children

- More mysterious. Middle born children are more difficult to define because their identity growing up changed (from last born to middle child). This affects their personality and environment in unpredictable ways.
- Peacekeepers. Middle born children may be more likely to keep peace in the family, to restore connections and relationships.
- Less decisive. Middle children may take longer to choose a career than firstborn or later-born. They may deliberately make opposite choices than firstborns; if the first born is a doctor, the middle child may choose to be a fire-fighter or policeman.
- Less connected. Middle children may not be as attached to the family as first born or later born.

Characteristics of Last Born or Youngest Children

- More adventurous. Last born or youngest children are more likely to be “loose cannons”, according to an article in Time magazine (“The Power of Birth Order”, Oct 29, 2007). Youngest children are more likely to be an artist, entrepreneur or adventurer – and more likely to participate in physically risky sports.
- Funnier. Last born children are more likely to be comedians or satirists. They’ll be outrageous or funny as a power strategy in the family.
- More agreeable. Younger children tend to get along in the world better – a trait known as “agreeableness” in the Big Five Personality Traits. Compared to first born children, last born are less likely to provoke people.

Progress

Until recently both professionals and laypeople believed that personality traits are set by age 30. Further, psychologists believed certain personality traits are mostly genetic, which means you're born agreeable, neurotic, or extroverted – and you'll stay that way despite your environment or desire to change. You can't make any personality changes, they once believed.

Current research, however, suggests that personality traits do change. You can change your personality and characteristics if you want to - and thus change your life.

University of California (Berkeley) researchers Sanjay Srivastava and Oliver P John found that not only do personality traits change over time – personality traits change more in adulthood than in childhood. As an adult, changing your personality can improve your life.

5 Steps to Changing Your Personality

1. Decide why you want to change your personality. Are you changing your personality because you want to impress your partner or mother? Changing your personality traits to suit others isn't healthy. Plus those personality changes won't last because they're not based on your own needs. On the other hand, if you want to change your personality because you're tired of sitting at home alone or feeling sad most of the time, then you're more likely to be happy with your personality changes.
2. Pick a specific personality trait to change. To change your personality, pick one thing to focus on. For example, if you're hesitant to try parachuting – but you want to try new things – then focus on the "openness" trait of the Big Five Personality Traits. Practice trying new things, using your imagination, and taking small risks (baby steps) are effective ways to change your personality. After you take small steps, then making bigger personality changes is relatively easy.
3. Give yourself time to change your personality. You can't change your personality overnight. Set small, reasonable goals such as allowing yourself to worry for no longer than five minutes a day. Be patient. If you stay focused and persistent, you will make effectively change your personality, such as worrying less or becoming more agreeable.
4. Be accountable for changing your personality. Trust a friend or spouse to help you change your personality. Ask them to tell you when you're displaying the personality traits you're pursuing – and accept their praise when you show that trait! This will motivate and support you, and strengthen your relationships too. Changing your personality can change your life.
5. Be open to other sources of help for changing your personality. Sometimes you need more support than a friend or spouse when you're changing your personality – and there are hundreds of options! Books about personality psychology, support groups, counsellors, life coaches, workshops, and classes are just a few possibilities when you're changing your personality. An objective point of view is invaluable in helping you identify healthy reasons for personality change.

The Big Five Personality Traits

- 1. Conscientiousness.** You're organized and disciplined, dedicated and loyal – especially at work. Excellent performances and strong commitments are standard. Of all the Big Five Personality Traits, this one will take you far in your career.
- 2. Agreeableness.** You're friendly, pleasant and easy to be around; your relationships are mostly strong. You're a social creature, and get your energy from being around other people. This Big Five Personality Trait opens many doors!
- 3. Neuroticism.** You feel anxiety, and you worry often. Your anxiety can make you emotionally unstable, and you're more likely to struggle with depression and sadness. This Big Five Personality Trait can lead to physical ill health.
- 4. Openness.** You love adventures and trying new things; you're insightful and imaginative. Creativity adds spice to your life, and you're not afraid to take risks. People with this Big Five Personality Trait are often risk takers.
- 5. Extroversion.** You're assertive, talkative, and don't mind being the centre of attention (in fact, you prefer it!). Being alone isn't your favourite activity; in fact, the more the merrier. This Big Five Personality Trait is found in extroverts all over the world!

Are your Big Five Personality Traits working for or against you? If your personality traits hold you back, damage your relationships, interfere with your work, or cause pain, then you may be ripe for a to make some personality changes!

Summary

Your Big Five Personality Traits affect your health, relationships, goals, achievements, professional success, and even your spiritual life. Your whole life is affected both positively and negatively by your Big Five Personality Traits!

In fact, some people believe there is such thing as a "cancer personality." If someone has a cancer personality, it's believed that their characteristics actually create toxins that work against their immune system, leaving them defenceless against certain diseases. Or, they repress negative emotions that create toxins, which can lead to terminal illnesses.

Your Big Five Personality Traits don't include the "cancer personality" (if such a thing exists). The fundamental five personality characteristics - called the "Big Five Personality Traits" among psychologists - were once thought to remain the same since childhood. Now, experts believe the Big Five Personality Traits change over time.