



Guide to Free Personality Tests

Introduction

Other than extensive reading and an innate curiosity about the world, my self-discovery journey really started when I did a few personality tests, the most effective for myself was the [Insights Discovery](#) test. Whilst a paid test, if you have the opportunity, it would be the one I would recommend. The outcome versus the 25 questions completed is very accurate.

Plus, you usually get some lovely, coloured blocks to go with it. If it can be completed in an office environment, all the better as the conversations around people's 'colours' can be beneficial for team building and cohesion.

Personality tests offer valuable insights into our behaviours, preferences, and unique traits. While no assessment can capture the full complexity of human personality, the following free tools are a good place to start on the path of self-discovery, personal growth, and better understanding others. These five widely recognized tests offer different perspectives on what makes you uniquely you and are a simple way to start your own self-discovery process.

16 Personalities

The 16 Personalities test is based on the Myers-Briggs Type Indicator (MBTI) framework but incorporates elements of the Big Five personality traits. It categorizes people into 16 distinct personality types, each with a four-letter code (like INTJ or ESFP). The test assesses your preferences across four dichotomies: Introversion/Extraversion, Sensing/Intuition, Thinking/Feeling, and Judging/Perceiving, plus a fifth aspect called Identity (Assertive or Turbulent).

<https://www.16personalities.com/free-personality-test>

Truity's Type Indicator

Truity offers a free version of their TypeFinder® personality assessment, which is also based on the Myers-Briggs framework. Their test is designed to be user-friendly while maintaining accuracy. The free version provides a basic overview of your personality type, while the paid version offers more in-depth insights about your specific type and how it affects various aspects of your life.

<https://www.truity.com/test/type-finder-personality-test>

Big Five Personality Traits

The Big Five (also known as the Five-Factor Model or OCEAN) is considered by many psychologists to be the most scientifically validated personality framework. It measures five key dimensions: Openness to experience, Conscientiousness, Extraversion, Agreeableness,



and Neuroticism. Unlike typology-based tests, the Big Five places you on a spectrum for each trait, providing a more nuanced view of personality.

<https://www.truity.com/test/big-five-personality-test>

Enneagram Test

The Enneagram is a model of the human psyche that describes nine interconnected personality types. Each type has distinct motivations, fears, and coping mechanisms. The Enneagram focuses on why you do what you do, rather than just what you do. It's particularly valued for personal growth and self-awareness as it highlights both the positive and negative aspects of each type, along with growth paths.

<https://www.truity.com/test/enneagram-personality-test>

HIGH5 Strengths Test

The HIGH5 test focuses on identifying your top strengths rather than categorizing your overall personality. Based on positive psychology principles, it helps you discover your five dominant talents. The philosophy behind this test is that focusing on developing your natural strengths leads to greater success and fulfilment than trying to fix weaknesses. The basic results are free, with more detailed insights available in paid versions.

<https://high5test.com/>

These tests offer valuable insights into different aspects of your personality, but remember that no single assessment provides a complete picture. For best results, approach these tools with an open mind and consider how the results align with your self-perception and feedback from others who know you well.