KESTON SCHOOL

PSYCHOLOGY · FREE SAMPLE

Know Your Personality

Understand your natural tendencies and build a life that fits

CHAPTER 1 + WORKBOOK SECTION

BEFORE YOU START

How to use this book

By the last page you will know your own tendencies from real evidence rather than labels, and you will have simple ways to shape your days, choose work and relationships that fit, and stretch on purpose when you need to.

1. Read one chapter at a time. Each one gives you a single idea and a single action.
2. Open the Know Your Personality Workbook and complete the matching section while the chapter is fresh.
3. Do the “Try this” action within seven days. Reading changes what you know; the action changes what you do.
4. Finish with the checklist in chapter 12 and come back to it whenever you slip.

© 2026 KESTON School. All rights reserved. For personal use only — please do not share, resell or redistribute this file.
This book is for education. It is not medical, psychological, legal or financial advice. For anything clinical or high-stakes, talk to a qualified professional.

CONTENTS

Know Your Personality

01	Living Against Your Grain	4
	Your next step	9

01

CHAPTER 1

Living Against Your Grain

Recognize the quiet signs that you are living by someone else's settings, and why labels, willpower and copying others rarely fix it.

It is Monday, 5:30 a.m., and Priya's alarm goes off for the third week in a row. She read that successful people get up early, plan every hour and start the day with a workout. So she tries. She drags herself out of bed, does the workout half asleep, writes a color-coded schedule and by 2 p.m. has abandoned it. By Thursday she is behind, annoyed with herself and wondering why everyone else seems to manage. On Saturday, with no plan at all, she spends six focused hours on a project she loves and goes to bed happy.

Priya is not lazy. She is living against her grain.

The quiet signs of poor fit

Most people never stop to ask whether the way they live fits the way they are built. They take routines, jobs and advice from parents, coworkers, books and feeds, and when something does not work, they assume the problem is effort. Poor fit rarely announces itself. It shows up in small, repeated ways. See which of these sound familiar:

- You keep starting routines that other people swear by, and they never last more than a couple of weeks.
- You feel tired at the end of days that, on paper, were not that hard.
- Certain parts of your job drain you far more than their size would suggest.
- You do your best work at odd times or in odd conditions, and feel slightly guilty about it.
- People describe you in ways that surprise you, as too intense, too quiet, too scattered or too rigid.
- You envy how easily some people handle things you find exhausting, and vice versa.
- Weekends or holidays feel like recovery rather than rest.

None of these signs means something is wrong with you. They usually mean the settings of your life were chosen for someone else.

Why the usual fixes fail

When people sense a mismatch, they tend to reach for one of four fixes. Each makes sense. None works for long.

1. More willpower. If the routine is not working, try harder. Willpower can carry you through a hard week. It cannot carry you through a hard year. When a routine fights your nature every single day, the fight eventually wins.

2. Copying someone who seems to have it figured out. A friend wakes at five and thrives, so you try it. But you are copying the visible part, the alarm time, and missing the invisible part, which is that the routine fits them. It may not fit you at all.

3. Collecting labels. Online quizzes and type systems can be fun, and a label can feel like relief: finally, an explanation. The trouble is that a label sorts you into a box, and real people do not live in boxes. A label tells you what you are. It rarely tells you what to do on Tuesday afternoon when your energy crashes.

4. Deciding you are just bad at life. After enough failed attempts, many people stop experimenting and settle on a harsh story about themselves. That story feels honest. It is usually wrong, and it makes every later change harder.

The common thread is that all four skip the same step: looking closely at how you actually work, from real evidence, before deciding how to live.

> **Key idea:** When good advice keeps failing you, the problem is often fit, not effort.

What this book is and is not

This book is for busy adults who want a practical way to understand their own tendencies and shape their days, work and relationships around them. You will not take a test or get a type. Instead, you will look at five everyday dials, such as how much stimulation you run on and how much structure you like, and place yourself on each one using what you notice in your own life. Then you will learn to shape your days so they fit, check bigger choices before you make them, and stretch on purpose when life asks for something different.

This book is everyday, practical psychology. It is not a diagnosis, an assessment or therapy, and it cannot tell you what kind of person you are in any clinical sense. If you are dealing with ongoing low mood, anxiety that gets in the way of daily life, or anything that feels bigger than a question of fit, please talk to a doctor or a qualified mental health professional. Self-knowledge is useful, but it is not a substitute for proper care.

The book is also not a permission slip to avoid everything that feels uncomfortable. Some discomfort is the useful kind. Part of what you will learn is how to tell the difference between a stretch worth making and a setting that simply does not suit you.

How to use this book

Each chapter gives you one idea and one action. The workbook has a matching page for every chapter, so you can write things down as you go. Some exercises ask you to notice your days for a week or two. Others take fifteen minutes. You do not need to change your whole life. Most readers find that two or three small adjustments make the biggest difference, and that those adjustments are different for everyone.

You can also do some of this with a partner, a friend or a coworker. Comparing notes is often where the most useful surprises come from.

Try this

Within the next seven days, set aside fifteen minutes on your own. Go through the list of quiet signs above and mark every one that fits. Then write short answers to three questions:

1. Which routine or piece of advice have I tried more than once, and dropped each time?
2. When in the last month did I feel fully absorbed and energized, and what was the setting?
3. Which part of my regular week drains me more than it should?

Do not try to fix anything yet. Just collect an honest picture. Use the first page of your workbook so you can look back later and see what changed.

Before you can find a better fit, it helps to understand what personality actually is, and that is where we go next.

KEY TAKEAWAYS

- Advice that works for others can quietly wear you out.
- Poor fit shows up as tiredness, friction and routines that never stick.
- Real self-knowledge comes from evidence, not labels or more willpower.

→ Workbook, section 1

01 Living Against Your Grain

Get an honest picture of where your life fights your nature.

CHECKLIST

Quiet signs that fit me

- [ ] Borrowed routines never last
- [ ] Tired after days that were not hard
- [ ] Some tasks drain me far too much
- [ ] I work best at odd times
- [ ] People describe me in surprising ways
- [ ] Weekends feel like recovery

CHECKLIST

Fixes I have tried

- [ ] More willpower
- [ ] Copying someone else
- [ ] Collecting labels
- [ ] Deciding I am bad at life

Which routine or advice have I tried more than once and dropped each time?

When did I last feel fully absorbed and energized, and what was the setting?

Which part of my regular week drains me more than it should?

YOUR NEXT STEP

Want the whole book?

You just read chapter 1 of Know Your Personality and tried the first workbook section. The full e-book has 12 chapters, a complete workbook and a final checklist. Here is everything inside:

01 Living Against Your Grain

02 Tendencies, Not Boxes

03 The Price of Poor Fit

04 Fit First, Stretch Second

05 Map Your Five Dials

06 Shape Days That Fit

07 Run the Fit Check

08 Your Dials in Daily Life

09 When the World Won't Fit

10 Build Fit Into Routine

11 Grow Without Losing Yourself

12 Mistakes & Checklist

Thank-you gift for readers

KESTON15

15% off your next KESTON School title at https://www.etsy.com/shop/KESTONschool.

Thank you for reading.

If this book helped you, a short review on the shop page helps other readers find it — and helps us write the next one.

KESTON SCHOOL

https://www.etsy.com/shop/KESTONschool