# Developing “Understanding of self”

The following links will take you to free resources that can support your understanding of yourself :

### Your personal values:

[Personal Values Assessment (PVA) - Barrett Values Centre](https://www.valuescentre.com/tools-assessments/pva/)

### Your personality type:

[Free Personality Test | 16Personalities](https://www.16personalities.com/free-personality-test)

### Your personal strengths:

[VIA Character Strengths Survey & Character Reports | VIA Institute](https://www.viacharacter.org/)