

What is your Myers Briggs Personality Type?

Which is your most natural energy orientation?

<u>Extraverted Characteristics</u>	<u>Introverted Characteristics</u>
<ul style="list-style-type: none"> • Act first, think/reflect later • Feel deprived when cutoff from interaction with the outside world • Usually open to and motivated by outside world of people and things • Enjoy wide variety and change in people relationships 	<ul style="list-style-type: none"> • Think/reflect first, then Act • Regularly require an amount of "private time" to recharge batteries • Motivated internally, mind is sometimes so active it is "closed" to outside world • Prefer one-to-one communication and relationships

Choose which best fits:

☐ Extraversion (E)

☐ Introversion (I)

Which way of Perceiving or Understanding is most "automatic" or natural?

<u>Sensing Characteristics</u>	<u>Intuitive Characteristics</u>
<ul style="list-style-type: none"> • Mentally live in the Now, attending to present opportunities • Using common sense and creating practical solutions is automatic-instinctual • Memory recall is rich in detail of facts and past events • Best improvise from past experience • Like clear and concrete information; dislike guessing when facts are fuzzy 	<ul style="list-style-type: none"> • Mentally live in the Future, attending to future possibilities • Using imagination and creating/inventing new possibilities is automatic instinctual • Memory recall emphasizes patterns, contexts, and connections • Best improvise from theoretical understanding • Comfortable with ambiguous, fuzzy data and with guessing its meaning

Choose which best fits:

☐ Sensing (S)

☐ iNtuition (N)

Which way of forming judgments and making choices is most natural?

<u>Thinking Characteristics</u>	<u>Feeling Characteristics</u>
<ul style="list-style-type: none"> • Instinctively search for facts and logic in a decision situation. • Naturally notices tasks and work to be accomplished. • Easily able to provide an objective and critical analysis. • Accept conflict as a natural normal part of relationships with people. 	<ul style="list-style-type: none"> • Instinctively employ personal feelings and impact on people in decision situations • Naturally sensitive to people needs and reactions. • Naturally seek consensus and popular opinions. • Unsettled by conflict; have almost a toxic reaction to disharmony.

Choose which best fits: ☐ Thinking (T) ☐ Feeling (F)

What is your “action orientation” towards the outside world?

<u>Judging Characteristics</u>	<u>Perceiving Characteristics</u>
<ul style="list-style-type: none"> • Plan many of the details in advance before moving into action. • Focus on task-related action; complete meaningful segments before moving on. • Work best and avoid stress when keep ahead of deadlines • Naturally use targets, dates and standards routines to manage life. 	<ul style="list-style-type: none"> • Comfortable moving into action without a plan; plan on-the-go. • Like to multi-task, have variety, mix work and play. • Naturally tolerant of time pressure; work best close to the deadlines. • Instinctively avoid commitments which interfere with flexibility, freedom and variety.

Choose which best fits: ☐ Judging (J) ☐ Perceiving (P)

Your 4 Personality Type Letters

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So, what do all those cryptic MBTI code letters mean?