

Myers-Briggs Type - Self Assessment

1. Where is your energy naturally directed?			
<p>Extraverts' energy is directed primarily outward, towards people and things outside of themselves. Introverts' energy is primarily directed inward, towards their own thoughts, perceptions, and reactions. Therefore, Extraverts tend to be more naturally active, expressive, social, and interested in many things, whereas Introverts tend to be more reserved, private, cautious, and interested in fewer interactions, but with greater depth and focus</p>			
Extraverts often:	X's	Intraverts often:	X's
Have high energy	X	Have quiet energy	
Talk more than listen	X	Listen more than talk	
Think out loud	X	Think quietly inside their heads	
Act, then think		Think, then act	X
Like to be around people a lot	X	Feel comfortable being alone	
Prefer a public role	X	Prefer to work "behind-the-scenes"	
Can sometimes be easily distracted	X	Have good powers of concentration	
Prefer to do lots of things at once	X	Prefer to focus on one thing at a time	
Are outgoing & enthusiastic	X	Are self-contained and reserved	
Total X's	8		1
Extravert	X	Intravert	

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2. What kind of information do you naturally notice and remember?				
Sensors notice the facts, details, and realities of the world around them whereas Intuitives are more interested in connections and relationships between facts as well as the meaning, or possibilities of the information. Sensors tend to be practical and literal people, who trust past experience and often have good common sense. Intuitives tend to be imaginative, theoretical people who trust their hunches and pride themselves on their creativity.				
Sensors often:	X's		Intuitives often:	X's
Focus on details & specifics			Focus on the big picture & possibilities	X
Admire practical solutions			Admire creative ideas	X
Notice details & remember facts			Notice anything new or different	X
Are pragmatic - see what is			Are inventive - see what could be	X
Live in the here-and-now	X		Think about future implications	
Trust actual experience			Trust their gut instincts	X
Like to use established skills	X		Prefer to learn new skills	
Like step-by-step instructions	X		Like to figure things out for themselves	
Work at a steady pace			Work in bursts of energy	X
Total X's	3			6
Sensor			Intuitive	X

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3. How do you decide or come to conclusions?				
<p>Thinkers make decisions based primarily on objective and impersonal criteria--what makes the most sense and what is logical. Feelers make decisions based primarily on their personal values and how they feel about the choices. So, Thinkers tend to be cool, analytical, and are convinced by logical reasoning. Feelers tend to be sensitive, empathetic, and are compelled by extenuating circumstances and a constant search for harmony.</p>				
Thinkers often:	X's		Feelers often:	X's
Make decisions objectively			Decide based on their values & feelings	X
Appear cool and reserved			Appear warm and friendly	X
Are most convinced by rational arguments			Are most convinced by how they feel	X
Are honest and direct			Are diplomatic and tactful	X
Value honesty and fairness			Value harmony and compassion	X
Take few things personally			Take many things personally	X
Are good at seeing flaws			Are quick to compliment others	X
Are motivated by achievement			Are motivated by appreciation	X
Argue or debate issues for fun			Avoid arguments and conflicts	X
Total X's	0			9
Thinker			Feeler	X

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4. What kind of environment makes you the most comfortable?			
Judgers prefer a structured, ordered, and fairly predictable environment, where they can make decisions and have things settled. Perceivers prefer to experience as much of the world as possible, so they like to keep their options open and are most comfortable adapting. So, Judgers tend to be organized and productive while Perceivers tend to be flexible, curious, and nonconforming.			
Judgers often:	X's	Perceivers often:	X's
Like to have things settled		Like to keep their options open	X
Take responsibilities seriously		Are playful and casual	X
Pay attention to time & are usually prompt		Are less aware of time and may run late	X
Prefer to finish projects	X	Prefer to start projects	
Work first, play later		Play first, work later	X
Seek closure		May have difficulty making some decisions	X
See the need for most rules		Question the need for many rules	X
Like to make & stick with plans	X	Like to keep plans flexible	
Find comfort in schedules	X	Want the freedom to be spontaneous	
Total X's	3		6
<i>Judger</i>		<i>Perceiver</i>	X
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ENFP			