**Type Preferences Worksheet**

Based upon today’s activities, on the grid below, **place an X** along each spectrum to highlight where you believe your preferences are.

|  |  |
| --- | --- |
| ***Energy Focus*** | |
| **Extraversion** | **Introversion** |
| ***Data Gathering*** | |
| **Sensing** | **Intuiting** |
| ***Decision Making*** | |
| **Thinking** | **Feeling** |
| ***Relating to the “Outer World”*** | |
| **Judging** | **Perceiving** |

E-I S-N T-F J-P

1. Self-Assessment Type (from Grid Above): \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ \_\_\_\_\_\_\_
2. On Line Report Results: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ \_\_\_\_\_\_\_
3. “Best Fit” Type: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ \_\_\_\_\_\_\_