



I N F P

INTROVERTED • INTUITIVE • FEELING • PERCEIVING

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YOU'RE AN **INFP**

INFP stands for **I**ntroverted, **i**Ntuitive, **F**eeling, **P**erceiving.
Each letter of your personality type describes a key aspect of who you are.



INTROVERSION

Your Energy Style

Composed,
Self-Reliant, Reserved,
Thoughtful

Your energy style is Introversion (in contrast with Extraversion). This dimension describes how you manage your energy.

Introverts are energized by being quiet, reflective, and calm. They maintain a distance from the outside world and prefer to conserve their energy rather than expend a lot of effort seeking excitement.

You enjoy:

- Contemplating ideas and experiences
- Being in calm surroundings
- Exploring a subject in depth
- Reflecting on thoughts or feelings
- Maintaining distance and privacy
- Quiet and solitude



INTUITION

Your Cognitive Style

Creative,
Imaginative, Idealistic,
Innovative

Your cognitive style is Intuition (in contrast with Sensing). This dimension describes how you process information.

Intuitives process information in an abstract, imaginative way. They focus on ideas and concepts that cannot be directly observed.

You like to focus on:

- Observing patterns and connections
- Interpreting meaning
- Imagining potential
- Ideas and concepts
- Innovation and creativity
- Possibilities for the future



FEELING

Your Values Style

Empathetic,
Sensitive, Ethical,
Authentic

Your values style is Feeling (in contrast with Thinking). This dimension describes your orientation to personal values.

Feelers value empathy, cooperation and compassion. They believe that everyone has a responsibility to take care of those around them.

You are concerned with:

- Acting out your ideals
- Engaging your emotions
- Considering the impact on people
- Seeking harmony and appreciation
- Serving others
- Making authentic decisions



PERCEIVING

Your Self-Management Style

Flexible, Accepting,
Tolerant,
Open-Minded

Your self-management style is Perceiving (in contrast with Judging). This dimension describes how you organize your life.

Perceivers like freedom and spontaneity. They have a carefree attitude towards life and would rather be flexible than structured.

You prefer to:

- Be free to do what interests you in the moment
- Make the rules up as you go
- Have the freedom to be flexible
- Brainstorm options
- Do things when inspiration strikes
- Go with the flow and enjoy surprises

KNOWING YOURSELF

■ You are sensitive, caring, and compassionate, and are deeply concerned with the personal growth of yourself and others.

■ Individualistic and nonjudgmental, you believe that each person must find their own path.

■ You enjoy spending time exploring your own ideas and values, and gently encourage others to do the same.

■ You are creative and often artistic, and enjoy finding new outlets for self-expression.



YOUR KEY MOTIVATORS

- SEARCHING FOR MEANING
- EXPLORING IDEAS AND POSSIBILITIES
- UNDERSTANDING THE NEEDS OF OTHERS
- ENCOURAGING PERSONAL DEVELOPMENT



CORE VALUES

- EMPATHY
- DEPTH
- INDIVIDUALITY
- COMPASSION

■ You are accepting and nonjudgmental in your treatment of others, believing that each person must follow their own path.

■ You are flexible and accommodating, and can often see many points of view.

■ It is important to you to support other people; however, you may react strongly if you feel your own values are being violated.

■ You especially hate being steamrolled by people who insist there is one right way to do things.

■ You want an open, supportive exchange of ideas.

■ You value authenticity and want to be original and individual in everything you do.

■ You are often concerned with a search for meaning and truth within yourself.

■ Following tradition holds little appeal for you; you prefer to do your own exploration of values and ideas, and decide for yourself what seems right.

■ You are often offbeat and unconventional, and feel no desire to conform. You would rather be true to yourself than try to fit in with the crowd.

DEALING WITH OTHERS



YOU CONNECT BY

- SHARING YOUR VALUES
- BEING SENSITIVE AND TOLERANT
- RESPECTING OTHERS' INDEPENDENCE
- CREATING A HARMONIOUS ENVIRONMENT

HOW YOU APPEAR TO OTHERS

■ You may initially seem cool, as you reserve your most authentic thoughts and feelings for people you know well.

■ You are reflective and often spiritual, and tend to be interested in having meaningful conversations about values, ethics, people, and personal growth.

■ Typically curious and open-minded, you continually seek a deeper understanding of yourself and of the people around you.

■ You are passionate about your ideals, but private as well; few people understand the depth of your commitment to your beliefs.

■ You are sensitive and empathetic, and engage yourself in a lifelong quest for meaning and authenticity.

■ The mundane aspects of life are of less interest to you, and you are more excited by interesting ideas than by practical facts.

■ You typically accept others without question, and may take special interest in offbeat points of view or alternative lifestyles.

■ You often have a special affection for the arts, especially the avant-garde, as you love experiencing new concepts in self-expression.



YOU COMMUNICATE BY

- ADAPTING TO THE NEEDS OF OTHERS
- FOCUSING ON IDEAS AND POSSIBILITIES
- MAINTAINING HARMONY
- SHARING INSIGHT SELECTIVELY



YOUR RELATIONSHIP STYLE

- You are sensitive and understanding, and surround yourself with others who share your values.
- You support your friends and family unconditionally, encouraging them to be themselves.
- You are often absorbed in your own inner world, so you cherish people who can respect your need for space.
- You avoid confrontation, but excel at finding ways to compromise and maintain harmony.

YOUR COMMUNICATION STYLE

- You are a gentle, encouraging communicator who enjoys exploring options and ideas.
- You envision possibilities for people and are often good at coming up with creative, flexible solutions to problems.
- Compassionate and cooperative, you tend to be appreciative of other people and their ideas.



FINDING YOUR CALLING



YOUR IDEAL WORK ROLES

- VISIONARY IDEALIST
- GENTLE TEACHER
- COMPASSIONATE HUMANITARIAN
- INDIVIDUAL ADVOCATE

HOW YOU WORK

At work, you are not particularly driven by money or status, preferring work that aligns with your personal values and allows you to help others.

You are typically motivated by vision and inspiration, and want to engage with projects and causes that feel important to you.

You enjoy the process of creative problem-solving, and want to understand complex issues.

You appreciate innovation, and want to come up with original ideas to improve circumstances for people.

You appreciate jobs that allow you to express your individuality in the way you work, and that take advantage of your ability to see unique solutions.

You prefer working autonomously and having control over how and when to complete a project.

You often enjoy participating in teams, although you want to be free to put your own personal stamp on your work.

When you do work with other people, it's important to you that they are cooperative, supportive, and flexible, and that they have similar passion for their ideals.



YOUR IDEAL WORK ENVIRONMENT

- FOCUSED ON HUMANITARIAN VALUES
- FOSTERING LEARNING AND ADVANCEMENT
- SUPPORTIVE AND ENCOURAGING
- ORGANIZED AND EFFICIENT

FINDING YOUR CALLING



YOUR TEAMWORK STRENGTHS

- EXPRESSING ENERGY AND ENTHUSIASM
- LISTENING ATTENTIVELY
- ENCOURAGING UNITY
- AVOIDING CONFLICT

YOUR TEAMWORK STYLE

You are a supportive and imaginative team member who contributes by understanding the ideals of your teammates and working to bring unity to the group's mission.

You listen openly to many points of view, and are talented at coming up with creative solutions that incorporate the ideas and priorities of everyone involved.



YOUR LEADERSHIP STRENGTHS

- ENCOURAGING INDEPENDENCE
 - SHARING PERSONAL VALUES
- PROVIDING AUTHENTIC SUPPORT
 - MOTIVATING WITH PRAISE

YOUR LEADERSHIP STYLE

In leadership positions, you motivate others through encouragement and positive vision.

You are deeply idealistic, and when working for a cause that is important to you, you bring a quiet determination to your leadership role.

You often see the potential in other people, and are good at inspiring others to use their gifts.

TOP CAREERS FOR YOUR INFP TYPE

INFPs typically choose a career which allows them to use their creativity in a way that is consistent with their personal values. Many INFPs have an artistic streak and choose careers in arts or language. Other INFPs focus on helping others, and can be found in altruistic professions like counseling and education.

Keep in mind, there are many careers that may be appropriate for you which are not listed here. However, the careers listed here give a representative sample of the top trends for INFPs in their careers, and thus can give you an idea of where you might find satisfaction.



ARTS, LANGUAGE AND DESIGN

Artist
Graphic Designer
Writer
Translator
Fashion Designer
Craft Artist
Interior Designer
Musician
Editor
Journalist
Art Director
Animator
Technical Writer
Architect
Landscape Architect
Librarian



BUSINESS AND LAW

Organizational Psychologist
HR Recruiter or Trainer
Public Relations Specialist
Legal Mediator



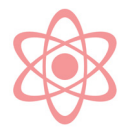
COUNSELING AND SOCIAL SERVICE

Religious Educator
Clinical Psychologist
Counselor
Public Health Educator
Social Worker
Minister
Career Coach
School Counselor



HEALTH CARE

Nutritionist
Massage Therapist
Physical Therapist
Occupational Therapist
Holistic Health Practitioner
Psychiatrist
Veterinary Assistant
Chiropractor
Speech Pathologist



SCIENCES

Social Scientist
Curator



EDUCATION

Special Education Teacher
Elementary Teacher
Preschool Teacher
Continuing Ed Teacher
College Professor
Recreation Worker

YOUR PERSONAL STRENGTHS

IDEALISM

You strive to live a life that is meaningful, and which contributes something beneficial to society.

VISION

You have grand ideas for how to make the world a better place, and work to make them a reality.

THOUGHTFULNESS

You look out for others, often recognizing what they need before they know it themselves.

INTROSPECTION

You work calmly and quietly, reflecting upon your ideas and theories internally.

YOU AT YOUR BEST

At your best, you are passionate about helping others to achieve their potential.

You are idealistic and want to find meaning in your life and work.

You are focused on possibilities for people, and use your creativity to find ways to encourage people to achieve their goals.

You recognize the potential in everyone, and strive to be a source of compassionate support.

To perform at your best, look for opportunities that allow you to connect with others on a personal level.

You are most satisfied when you are able to work closely with a single person or a small group, to give everyone individualized support.

You are very creative, and excel when you are able to tailor your approach to each person's specific needs and temperament, without being expected to adhere to rigid guidelines.



OPPORTUNITIES FOR EXCELLENCE

Seek out opportunities to help people in meaningful ways. You need to know that you are making a positive contribution.

Use your sensitivity to understand the best ways to support others. You enjoy finding creative and personal ways to be of service.

Choose roles that align with your personal values. You likely have a vision for improving the lives of others and want to put it into action.

Use your talent for introspection to improve your understanding of how best to serve others. Giving yourself time to consider your plans and goals which enhance your effectiveness.



POTENTIAL PITFALLS

Work on your ability to adhere to a schedule. You often see deadlines as suggestions, which can be uncomfortable and frustrating for those who depend on you.

Avoid becoming so focused on your values that you neglect practical considerations. You will achieve more when you acknowledge the realities of your situation.

Do your best not to disregard authority and procedures completely. You rarely care about convention, but there are times when you will be most effective if you can work within the established structure.

Don't neglect rational considerations when making a decision. You prioritize subjective concerns, but will make more well-rounded decisions when you balance your sensitivity with logic.