

MBTI Worksheet

Your name: _____ Your name: _____

	<u>Your self-selected type</u>	<u>Your reported type</u>
Where you draw <u>energy</u>	<input type="checkbox"/> <u>E</u> xtroversion <input type="checkbox"/> <u>I</u> ntroversion	<input type="checkbox"/>
How you process <u>information</u>	<input type="checkbox"/> <u>S</u> ensing <input type="checkbox"/> <u>i</u> Ntuition	<input type="checkbox"/>
How you make <u>decisions</u>	<input type="checkbox"/> <u>T</u> hinking <input type="checkbox"/> <u>F</u> eeling	<input type="checkbox"/>
How you interact with the <u>outer world</u>	<input type="checkbox"/> <u>J</u> udging <input type="checkbox"/> <u>P</u> erceiving	<input type="checkbox"/>

MBTI Types Summary

<p style="text-align: center;"><u>ISTJ</u></p> <ul style="list-style-type: none"> • Quiet, serious, earn success by thoroughness and dependability • Practical, matter-of-fact, realistic, and responsible • Decide logically what should be done and work toward it steadily, regardless of distractions • Take pleasure in making everything orderly and organized - their work, their home, their life • Value traditions and loyalty 	<p style="text-align: center;"><u>ISFJ</u></p> <ul style="list-style-type: none"> • Quiet, friendly, responsible, and conscientious • Committed and steady in meeting their obligations • Thorough, painstaking, and accurate • Loyal, considerate, notice and remember specifics about people who are important to them, concerned with how others feel • Strive to create an orderly and harmonious environment at work and 	<p style="text-align: center;"><u>ENTP</u></p> <ul style="list-style-type: none"> • Quick, ingenious, stimulating, alert, and outspoken • Resourceful in solving new and challenging problems • Adept at generating conceptual possibilities and then analyzing them strategically • Good at reading other people • Bored by routine, will seldom do the same thing the same way, apt to turn to one new interest after another 	<p style="text-align: center;"><u>INTJ</u></p> <ul style="list-style-type: none"> • Have original minds and great drive for implementing their ideas and achieving their goals • Quickly see patterns in external events and develop long-range explanatory perspectives • When committed, organize a job and carry it through • Skeptical and independent, have high standards of competence and performance for themselves and others
<p style="text-align: center;"><u>ESTJ</u></p> <ul style="list-style-type: none"> • Practical, realistic, matter-of-fact • Decisive, quickly move to implement decisions • Organize projects and people to get things done, focus on getting results in the most efficient way possible • Take care of routine details • Have a clear set of logical standards, systematically follow them and want others to also • Forceful in implementing their plans 	<p style="text-align: center;"><u>ESFJ</u></p> <ul style="list-style-type: none"> • Warmhearted, conscientious, and cooperative • Want harmony in their environment, work with determination to establish it • Like to work with others to complete tasks accurately and on time • Loyal, follow through even with small matters • Notice what others need in their day-to-day lives and try to provide it • Want to be appreciated for who they are and for what they contribute 	<p style="text-align: center;"><u>ENTJ</u></p> <ul style="list-style-type: none"> • Frank, decisive, assume leadership readily • Quickly see illogical and inefficient procedures and policies, develop and implement comprehensive systems to solve organizational problems • Enjoy long-term planning and goal setting • Usually well informed, well read, enjoy expanding their knowledge and passing it on to others • Forceful in presenting their ideas 	<p style="text-align: center;"><u>INTP</u></p> <ul style="list-style-type: none"> • Seek to develop logical explanations for everything that interests them • Theoretical and abstract, interested in ideas more than social interaction • Quiet, contained, flexible, and adaptable • Have unusual ability to focus in depth to solve problems in their area of interest • Skeptical, sometimes critical, always analytical
<p style="text-align: center;"><u>ISTP</u></p> <ul style="list-style-type: none"> • Tolerant and flexible, quiet observers until a problem appears, then act quickly to find workable solutions • Analyze what makes things work and readily get through large amounts of data to isolate the core of practical problems • Interested in cause and effect, organize facts using logical principles, value efficiency 	<p style="text-align: center;"><u>ISFP</u></p> <ul style="list-style-type: none"> • Quiet, friendly, sensitive, and kind • Enjoy the present moment, what is going on around them • Like to have their own space and work within their own time frame • Loyal and committed to their values and to people who are important to them • Dislike disagreements and conflicts • Do not force their opinions or values on others 	<p style="text-align: center;"><u>ENFP</u></p> <ul style="list-style-type: none"> • Warmly enthusiastic and imaginative • See life as full of possibilities • Make connections between events and information very quickly, and confidently proceed based on the patterns they see • Want a lot of affirmation from others, and readily give appreciation and support • Spontaneous and flexible, often rely on their ability to improvise and their verbal fluency 	<p style="text-align: center;"><u>INFJ</u></p> <ul style="list-style-type: none"> • Seek meaning and connection in ideas, relationships, and material possessions • Want to understand what motivates people and are insightful about others • Conscientious and committed to their firm values • Develop a clear vision about how best to serve the common good • Organized and decisive in implementing their vision
<p style="text-align: center;"><u>ESTP</u></p> <ul style="list-style-type: none"> • Flexible and tolerant, they take a pragmatic approach focused on immediate results • Theories and conceptual explanations bore them - they want to act energetically to solve the problem • Focus on the here-and-now, spontaneous, enjoy each moment they can be active with others • Enjoy material comforts and style • Learn best through doing 	<p style="text-align: center;"><u>ESFP</u></p> <ul style="list-style-type: none"> • Outgoing, friendly, and accepting • Exuberant lovers of life, people, and material comforts • Enjoy working with others to make things happen • Bring common sense and a realistic approach to their work, and make work fun • Flexible and spontaneous, adapt readily to new people and environments • Learn best by trying a new skill with other people 	<p style="text-align: center;"><u>ENFJ</u></p> <ul style="list-style-type: none"> • Warm, empathetic, responsive, and responsible • Highly attuned to the emotions, needs, and motivations of others • Find potential in everyone, want to help others fulfill their potential • May act as a catalyst for individual and group growth • Loyal, responsive to praise and criticism • Sociable, facilitate others in a group, and provide inspiring leadership 	<p style="text-align: center;"><u>INFP</u></p> <ul style="list-style-type: none"> • Idealistic, loyal to their values and to people who are important to them • Want an external life that is congruent with their values • Curious, quick to see possibilities, can be catalysts for implementing ideas • Seek to understand people and to help them fulfill their potential • Adaptable, flexible, and accepting unless a value is threatened