

DO WHAT YOU ARE

Myers-Briggs (Personality) Type Indicator

Explanation of Terms

Where do you direct your energy?

E = Extroversion

I = Introversion

Extroversion – Draw energy from action. Tend to act first, then reflect and then act again. Energy level tends to drop when not engaged in an activity. Often define oneself in terms of externals. Are influenced by, and often gauge worth by the expectations and attention of others. Straightforward, understandable, accessible, but may not recognize one's own needs.

Introversion – Prefer to reflect before acting. Tend to consider their own viewpoint the arbiter of reality, and define externals in terms of it. May defend themselves against the expectations and attention of others. Are reserved, complex and private. Are usually self-aware, but may not realize their effect on others.

How do you process information?

S = Sensing

N = Intuition

Sensing – Focus on objective facts and circumstances as perceived by the senses (seeing, feeling, hearing). Excellent powers of observation. Deal with how things are rather than how they could be. Prefer clear, tangible data. Pragmatic, precise, with emphasis on utility and literal interpretation. Need to grasp all the facts before attempting to understand. Have difficulty believing or relying on something without sensory evidence. Will rely on past experience when solving problems.

Intuition – An appreciation for the larger picture or underlying pattern, beyond the reach of the senses. Vivid powers of imagination. Focus more on how things could be rather than how they are. Are often fascinated with the unknown, hidden and unseen.

How do you make decisions?

T = Thinking

F = Feeling

Thinking – The ability to make decisions impersonally, based on logic and analysis. Are interested in how things work. Have an ability to anticipate and plan for obstacles realistically.

Decisions made based on how people might feel, rather than on the facts of a situation, make no sense to them.

Feeling – The ability to make decisions personally, based on shared values and relationships. A genuine interest in how people feel. Rely on consensus, morality, mercy and loyalty. Prioritize social obligation, empathy and responsibility to others. The ability to anticipate people's needs and reactions. Can feel that those who make decisions based on the facts of a situation, rather than on how people are going to feel about their decision, to be insensitive, cold and even cruel.

How do you organize your life?

J = Judging

P = Perceiving

Judging – Prefer matters to be decided. Plan and organize to minimize the chance of the unexpected happening. Do not like surprises. Are consistent, reliable, and punctual.

Perceiving – Prefer to respond to life's events rather than plan them. Can be very good in crises situations but struggle with medium- and long-term planning. Rely on creative problem solving and resist structure. Are curious and adaptable but may not follow through or stick to a plan very long. Can be reckless and impulsive. Often feel that they do not have enough information to make a decision, and will often revise a decision based on new information. Are "it depends" people.