

Finding Your “Best Fit”

Choose One Preference from each Continuum Box and Circle the Choice Below

I like to learn new things by connecting with the information...

E In the outer world of actions;
engaging with the information while
I am understanding it.

In my inner world of concepts **I**
and ideas I already know in
order to best understand the information.

I like to organize information by seeking meaning in...

S The granular details, specifics, patterns,
Sequences. I look for practical and reality
Based meaning like when I use my 5 senses.

The big picture, the general idea, **N**
associations and the possibilities of
What it could become.

I like to make rational decisions

T Objectively, impersonally, considering
Facts, analytically, holding standards like
Where a decision may lead.

Subjectively, seeking harmony for **F**
all involved by using my values, ethics,
Empathy and understanding of feelings.

I like a decision making process that is

J Decisive, focused on closure to the decision,
Ready to ensure a successful decision by maintaining
A well planned approach to the decision.

Adaptive, and flexible to new options **P**
that appear so that the best decision
Simply emerges from a quality process.

Instructions: Read through the four components of Personality Type thoroughly. Then go back to each component and choose which one of the parallel sentences is more like you. Add up the total in each box and you will have a first impression assessment of your four preferences.

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Understanding the Four Continuums of Personality Types

<p style="text-align: center;">E EXTRAVERSION</p> <p><i>I am ...</i> Energized by the outside world.</p> <p>Eager to be with people, including strangers, to being alone.</p> <p>Captivated by interaction with people and the world around me, even when I'm tired or stressed.</p> <p>Often engaged in a great variety of interests and love to multi-task.</p> <p>Usually wanting to "live it" to really understand something.</p> <p>Easily distracted because I want to interact with everything.</p> <p>Ready to learn something new by communicating with others.</p> <p>Spontaneously sharing my thoughts and feelings as I have them.</p>	<p style="text-align: center;">I INTROVERSION</p> <p><i>I am...</i> Energized by the inner world.</p> <p>Eager to be alone or with friends to being with strangers.</p> <p>Captivated by my thoughts and ideas and observations of the world. When tired or stressed, I want time with my thoughts.</p> <p>Often selective in my interests and enjoy delving into them deeply.</p> <p>Usually wanting to fully understand something within my private thoughts. Then I may speak about my view.</p> <p>Easily lost in my deep concentration and may appear inattentive to others.</p> <p>Ready to learn something new by digesting it alone first.</p> <p>Preoccupied with my own thoughts and feelings and I may forget to share them.</p>
<p style="text-align: center;">S SENSING</p> <p><i>I find meaning by seeing...</i> The reality crystal clear – specifics.</p> <p>Through my five senses - seeing, touching, smelling, tasting, and hearing things.</p> <p>And enjoying each step of what I am doing.</p> <p>Patterns, pieces, granular detail.</p> <p>Practical things I can use right away.</p> <p>What is necessary and useful now.</p> <p>And enjoying patterns that have worked for me in the past.</p>	<p style="text-align: center;">N INTUITION</p> <p><i>I find meaning by seeing...</i> Future possibilities and associations.</p> <p>Without knowing exactly how I did it.</p> <p>And enjoying the big picture in my mind, and prepared to skip over any steps I can.</p> <p>My overview or main idea take shape.</p> <p>With a focus on the future and what I may find interesting later on.</p> <p>Ways to create "outside the box".</p> <p>Opportunities to explore new ways to do things.</p>

T THINKING

I make rational decisions by...

Giving more weight to objective principles and the impersonal facts.

Wanting everything to be fair.

Focusing on the whole truth as most important and tactfulness is an after thought. May be seen as too task-oriented, indifferent or uncaring.

Looking for logical explanations or solutions to most everything. Concerned about setting clear precedence, finding unbiased analysis and being consistently fair.

Being tough-minded and seeking application of principles that are easily overlooked by self or others.

Enjoying intellectual discourse and verbal debates. Competition is enjoyable.

Expecting myself to figure it out; have the correct answer.

F FEELING

I make rational decisions by ...

Giving more weight to personal and human concerns. Wanting to display compassion and subjective orientation.

Focusing on being tactful and sometimes miss seeing the "hard truth" of situations. May be seen as too idealistic or mushy.

Being concerned if decisions or actions are valuable. Using personal values, weighing what people care about and knowing the various viewpoints of those involved.

Being tender-hearted and concerned with harmony amongst people involved in the decision.

Enjoying the fluidity of feelings expressed and exchanged in relationship. Cooperation is paramount.

Expecting myself to perceive and understand all perspectives and to build consensus.

J JUDGING

I like a decision making process that is...

Well planned from the beginning to the end ensuring a good outcome.

Focused on the end result as soon as possible.

Successful because my well developed plan brought the results I expected.

Reluctant to leave issues undecided.

Ready to error on the side of being decisive.

Demonstrating to those around me how well organized and planned I am.

P PERCEIVING

I like a decision making process that is...

Highly adaptable and flexible to ensure a good outcome.

Focused on always openness to new options.

Successful because my quality process allowed the best outcome to emerge.

Reluctant to allow impulsive decisions.

Ready to error on the side of remaining open.

Demonstrating to those around me how capably my decision making process fits the situation.