This system is used for understanding people's personality Type based on research work of Swiss Psychologist Carl Jung and two American women, Katharine Briggs and Isabel Briggs Myers, creators of the Myers Briggs Type Indicator instrument {MBTI}. The Myers-Briggs Type Indicator and the MBTI are registered trademarks of Consulting Psychologists Press, Inc.

Below are four questions, and descriptions of two personality "preferences”. All have their own unique strengths and weaknesses. Both are **equally valuable--NEITHER one is better or worse than the other**. In each question, read the sentences that describes you **most.** Try to answer as you really are, not how you may wish you were, or have to be. The section with the most ticks is your personality type preference.

Note: This quiz is not a scientifically validated test and is only offered as an introduction to helping your Type to help you harness your best inner strengths. However, we have had quite a lot of successful results. Research is still on-going on a continual basis as the world continues to evolve.

1. **Where is your energy naturally directed?**

The first category is Extraversion {E} and Introversion {I}, and this focuses on where you direct your energy. You would be introverted if your energy is directed inwards towards your own thoughts, perceptions, and reactions. Conversely, you would be extraverted if your energy is directed outward towards people and things outside of yourself. Extraverts ae naturally active whilst introverts are somewhat reserved.

|  |  |  |  |
| --- | --- | --- | --- |
| I am an Extraverted (E) if I: | (Yes / No) | I am an Introverted (I) if: | (Yes / No) |
| Have high energy | Choose an item. | **Have quiet energy** | Choose an item. |
| Talk more than listen | Choose an item. | **Listen more than talk** | Choose an item. |
| Think out loud | Choose an item. | **Think quietly inside my head** | Choose an item. |
| Act, then think | Choose an item. | **Think, then act** | Choose an item. |
| Like to be around people a lot | Choose an item. | **Feel comfortable being alone** | Choose an item. |
| Prefer a public role | Choose an item. | **Prefer to work " behind-the-scenes"** | Choose an item. |
| Can sometimes be easily distracted | Choose an item. | **Have good powers of concentration** | Choose an item. |
| Prefer to do lots of things at once | Choose an item. | **Prefer to focus on one thing at a time** | Choose an item. |
| Am outgoing & enthusiastic | Choose an item. | **Am self-contained and reserved** | Choose an item. |

Count your YES, put "Y" in front of the personality with the highest number in the line below

SCORE: Extraversion \_\_\_\_\_\_\_\_Introverted \_\_\_\_\_\_\_\_\_\_\_

1. **What kind of information do you naturally notice and remember?**

The second category is Intuition (N) and Sensing (S), and this focuses on the kind of information you naturally remember. If you are an intuitive, you are more interested in the meaning behind information; you tend to be imaginative and quite creative. On the other hand, if you are a sensor, you are very practical, notice details and facts, and always trust past experiences.

|  |  |  |  |
| --- | --- | --- | --- |
| I am a sensor (S) if I: | (Yes / No) | I am an intuitive (N) if I: | (Yes / No) |
| Focus on details & specifics | Choose an item. | **Focus on the big picture & possibilities** | Choose an item. |
| Admire practical solutions | Choose an item. | **Admire creative ideas** | Choose an item. |
| Notice details & remember facts | Choose an item. | **Notice anything new or different** | Choose an item. |
| Am pragmatic - see what is | Choose an item. | **Am inventive - see what could be** | Choose an item. |
| Live in here-and-now | Choose an item. | **Think about future implications** | Choose an item. |
| Trust actual experience | Choose an item. | **Trust my gut instincts** | Choose an item. |
| Like to use established skills | Choose an item. | **Prefer to learn new skills** | Choose an item. |
| Like step-by-step instructions | Choose an item. | **Like to figure things out for myself** | Choose an item. |
| Work at a steady pace | Choose an item. | **Work in burst of energy** | Choose an item. |

Count your YES, put "Y" in front of the personality with the highest number in the line below

SCORE: Sensing \_\_\_\_\_\_\_\_Intuition \_\_\_\_\_\_\_\_\_\_\_

1. **How do you decide or come to conclusions?**

The third category is Thinking (T) and Feeling (F), and this focuses on how you make decisions or come to conclusions. Thinkers make objective and impersonal decisions; they always follow logic and rule, and they tend to be analytical and cool. Feelers make decisions based on their feelings and personal values, they tend to be empathetic, sensitive, and seek for harmony in their relationships.

|  |  |  |  |
| --- | --- | --- | --- |
| I am a Thinker (T) if I: | (Yes / No) | I am a Feeler (F) if I: | (Yes / No) |
| Make decisions objectively | Choose an item. | **Make decisions based on my values & feelings** | Choose an item. |
| Appear cool and reserved | Choose an item. | **Appear warm and friendly** | Choose an item. |
| I am most convinced by rational arguments | Choose an item. | **I am most convinced by how I feel** | Choose an item. |
| I am honest and direct | Choose an item. | **I am diplomatic and tactful** | Choose an item. |
| Value honesty and fairness | Choose an item. | **Value harmony and compassion** | Choose an item. |
| Take few things personally | Choose an item. | **Take many things personally** | Choose an item. |
| Tend to see flaws | Choose an item. | **I am quick to compliment others** | Choose an item. |
| Am motivated by achievement | Choose an item. | **I am motivated by appreciation** | Choose an item. |
| Argue or debate issues for fun | Choose an item. | **Avoid arguments and conflicts** | Choose an item. |

Count your YES, put "Y" in front of the personality with the highest number in the line below

SCORE: Thinking \_\_\_\_\_\_\_\_Feeling \_\_\_\_\_\_\_\_\_\_\_

1. **What kind of environment makes you the most comfortable?**

The last category is Judging (J) and Perception (P), and this focuses on the kind of environment you are comfortable in. Judgers tend to prefer structure and order, and are organized and productive. Perceivers prefer freedom and being unrestrained; they tend to be adaptable, flexible, and curious.

|  |  |  |  |
| --- | --- | --- | --- |
| I am a Judger (J) if I: | (Yes / No) | I am a Perceiver (P) if I: | (Yes / No) |
| Make most decisions pretty easily | Choose an item. | **May have difficulty making decisions** | Choose an item. |
| I am serious & conventional | Choose an item. | **I am playful & unconventional** | Choose an item. |
| Pay attention to time & I'm prompt | Choose an item. | **I am less aware of time & run late** | Choose an item. |
| Prefer to finish projects | Choose an item. | **Prefer to start projects** | Choose an item. |
| Work first, play later | Choose an item. | **Play first, work later** | Choose an item. |
| Want things decided | Choose an item. | **Want to keep their options open** | Choose an item. |
| See the need for most rules | Choose an item. | **Question the need for many rules** | Choose an item. |
| Like to make & stick with plans | Choose an item. | **Like to keep plans flexible** | Choose an item. |
| Find comfort in schedules | Choose an item. | **Want the freedom to be spontaneous** | Choose an item. |

Count your YES, put "Y" in front of the personality with the highest number in the line below

SCORE: Judging \_\_\_\_\_\_\_\_Perceiving \_\_\_\_\_\_\_\_\_\_\_

**COLLATE YOUR ABOVE SCORES AND SELECT YOUR ASSESSMENT RESULT FROM BELOW:**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| INFJ |  | ISTJ |  | INTJ |  | ISFP |  |
| INFP |  | ISFJ |  | INTP |  | ISTP |  |
| ENFJ |  | ESTJ |  | ENTJ |  | ESTP |  |
| ENFP |  | ESFJ |  | ENTP |  | ESFP |  |

Well done! You now have some clarity on your **uniqueness**!! Now you can chart a career path that best suits your personality type.

You career should not be to ‘make ends meet’ but a means to an end – finding fulfillment. You should enjoy your career not endure it.

Our personality type and corresponding preferences will make it easier to work in some occupations, and harder to work in others. As a result, people with certain personality traits find themselves in certain types of occupations and workplaces more often than in others. You can focus on the right type of job for you as the probability of job satisfaction is very high. What’s more, you are sure of a delightful career!

Job-related stress is lower when your responsibilities at work correspond to your personality-related preferences. Having to meet job requirements that conflict with your personality type may lead to significant dissatisfaction. For instance, if you are an expressed introvert and your job requires frequent, prolonged social interaction, it can make for a very frustrating situation that may lead to burnout.

WHAT DIRECTION DO YOU TAKE NEXT?



NOW IT’S TIME TO GET TO KNOW THE BEST CAREER OPTIONS THAT SUITS YOUR PERSONALITY TYPE!!

JOIN ME AT MY ONLINE COACHING SESSION WITH A CERTIFIED CAREER COACH. **THE OUTCOME IS PRICELESS!!**

You will get your result interpretation discussion & 1 - hour career group coaching by me.