

Find My Spark

Personality Profile

Your Personality Type ____

How we interact with the world and where we direct our energy

(E) Extraversion _____ | _____ Introversion (I)

Extraverts

Focus attention outward
Enjoy a variety of tasks
Seek out and need other people
Need to talk about their ideas

Introverts

Focus attention inward
Consider things fully before responding
Enjoy tasks that require concentration
Work at careful, steady pace

The kind of information we naturally notice and remember

(S) Sensing _____ | _____ Intuition (N)

Sensors

Focus on "what is"
Like working with real things
Apply past experiences to solving problems
Need specific and realistic directions

Intuitives

Focus on "what could be"
Enjoy theory and speculation
Like working with possibilities
Need to use their imagination

How we make decisions

(T) Thinking _____ | _____ Feeling (F)

Thinkers

Enjoy analyzing problems logically
Make fair and objective decisions
Can be tough negotiators
Likes working with like-minded people

Feelers

Need work to be personally meaningful
Like helping others and being appreciated
Need decisions to be congruent with values
Need to work in a friendly environment

Whether we prefer to live in a more structured or in a more spontaneous way

(J) Judging _____ | _____ Perceiving (P)

Judgers

Enjoy work that allows them to make decisions
Prefer a predictable work pattern and environment
Completing their responsibilities before relaxing
Like to maintain control of their projects

Perceivers

Enjoy flexible and changing work situations
Able to respond to problems as they arise
Are more satisfied with fewer rules
Need to have fun in their work