

Quick Personality Type Assessment

Place a check next to one of the two paired choices on each row that describes you best.
When complete, add up your score for each column (should total of 15 points for each of the four sections).
The column with the higher number of checks is the code letter for that particular category.

Extraversion (E) vs. Introversion (I) - Where Do You Get Your Energy?

Do you get your energy from those around you (externally) or from inside yourself (internally)?

	Extraversion (E)		Introversion (I)
	I prefer spending my time with other people.		I prefer spending my time alone.
	I would describe myself as talkative, enthusiastic, and animated.		I would describe myself as reserved, quiet, and less talkative.
	I am easily distracted.		I am able to focus for long periods.
	I learn and work best through talking.		I learn and work best through thinking.
	I often seek center stage.		I avoid the limelight.
	I talk more than listen.		I listen more than talk.
	I respond to things quickly, with fast pace.		I respond to things slowly, after lots of thinking.
	It's easy to know more about me.		It's hard to know more about me.
	I prefer to know lots of people and have lots of friends and associates.		I prefer to know few people and have few friends and acquaintances.
	I learn best when I'm in action.		I learn best when I have time to think.
	I value action and engagement.		I value calm and tranquility.
	I feel like I need to learn how to think more before I speak.		I feel like I need to learn how to be more engaging.
	I prefer to have background sounds to help me get work done.		I prefer to have quiet to help me get work done.
	I prefer classes and activities that encourage discussion.		I prefer classes and activities that are lectured-based.
	I prefer to work with others.		I prefer to work alone.

Score for E _____ Which score (total of 15) was higher (circle one): E or I Score for I _____

Sensing (S) vs. Intuition (N) – How Do You Acquire or Gather Information?

Do you prefer to focus on the facts and specific details or do you prefer to focus on ideas and imagination?

	Sensing (S)		Intuition (N)
	I focus on facts and details.		I focus on concepts and the big picture.
	I tend to speak in specifics and can give detailed descriptions.		I tend to speak in figurative language, using analogies and metaphors.
	I value common sense and practicality.		I value ideas, imagination, and innovation.
	I am oriented to the present.		I am oriented to the future.
	I tend to be direct, blunt, and to the point.		I tend to be abstract, non-confrontational, and vague.
	I am more aware of the physical nature of my environment.		I am more aware of the abstract nature of my environment.
	I prefer to master established skills.		I prefer to learn new things.
	I prefer courses in the natural sciences.		I prefer courses in the social sciences.
	I work at a consistent, steady pace.		I work with bursts of energy.
	I seek specific, detailed information.		I seek quick, less-detailed insights.
	I tend to memorize facts.		I tend to use my imagination.
	I will most likely follow instructions.		I will most likely create my own directions.
	I prefer hands-on experience.		I prefer abstract thoughts that give perspective.
	I prefer to receive clear assignments and projects.		I prefer to receive assignments and projects that encourage independent thinking.
	I prefer classes that have step-by-step solutions and concrete answers.		I prefer classes that focus on class discussions and multiple answers.

Score for S _____ Which score (total of 15) was higher (circle one): S or N Score for N _____

Thinking (T) vs. Feeling (F) – How Do You Make Decisions, Arrive At Conclusions, or Make Judgments?

When making decisions, do you prefer to focus on logic or your “gut instincts”?

Thinking (T)	Feeling (F)
I prefer to focus on logic and analysis.	I prefer to focus on how people feel.
I am good with cause and effect thinking.	I enjoy pleasing people.
I can be blunt and direct.	I avoid conflict and confrontation.
I enjoy debate.	I am diplomatic.
I can often be found in strategic jobs.	I can often be found in helping professions.
I believe that truth more important than tact.	I believe that tact is more important than truth.
I can naturally see flaws and can be critical.	I see positives in people and like to give praise.
I am usually more assertive.	I am usually less assertive.
In conversations, I tend to get right to the point.	In conversations, I start with small talk first before I address an issue.
I am less sensitive to criticism.	I am more sensitive to criticism.
My decisions are guided by logic.	My decisions are guided by personal values and feelings.
I prefer to critique new ideas.	I prefer to please people.
I can easily find flaws in an argument.	I can easily find something to appreciate.
I learn by challenge and debate.	I learn by being supportive and appreciative.
I prefer logical presentations.	I prefer personal rapport.

Score for T _____ Which score (total of 15) was higher (circle one): T or F Score for F _____

Judging (J) vs. Perceiving (P) – How Do You Live Your Life? How Do You Relate to the Outer World?

In dealing with the outside world, do you prefer to get things decided or do you prefer to stay open to new information and options?

Judging (J)	Perceiving (P)
I like to have decisions made immediately.	I like to have my options open.
I prefer to have a plan and be organized.	I prefer life to be unplanned and act spontaneously.
I am driven to complete projects in a timely manner.	I have a tendency to start projects but wait until the last minute to complete them.
I like structure and organized systems.	I feel limited by structure and organized systems.
I live by the philosophy of “work now, play later.”	I love by the philosophy of “play now, work later.”
I need to have a neat and tidy space at work and at home.	I don’t worry about having a messy and cluttered space at work and at home.
I like jobs that offer control.	I like jobs that are that offer flexibility.
I am typically uncomfortable with change.	I typically enjoy change.
I take time and deadlines very seriously.	Time and deadlines are not important to me.
I prefer formal, detailed instructions for solving problems.	I prefer informal/less formal instructions for solving problems.
I value dependability and reliability.	I value change and uncertainty.
I plan work well in advance.	I like to work spontaneously.
I prefer to be in charge of events.	I prefer to participate in events.
I prefer presentations that are informative and organized.	I prefer presentations that are entertaining and inspiring.
I tend to make decisions that are well thought-out.	I tend to make decisions impulsively.

Score for J _____ Which score (total of 15) was higher (circle one): J or P Score for P _____

When you’ve completed all four sections, write in your four-letter code (those letters you circled) in the space below:

E or I S or N T or F J or P

List Your Three One-Word Personality Type Characteristics in the spaces below:

16 Personality Types: One-Word Characteristics

ISTJs are responsible, loyal, stable, practical, down-to-earth, hardworking, steady, productive, direct, predictable, dependable, thorough, conservative, methodical, efficient, conventional, pragmatic, task-oriented, and reliable.

ISTPs are independent, practical, easygoing, problem solvers, realistic, resourceful, logical, practical, adaptable, reserved, aloof, helpful, calm, handy, self-directed, tolerant, and risk-takers.

ISFJs are quiet, friendly, responsible, hardworking, productive, devoted, accurate, thorough, practical, volunteers, conventional, grounded, contentious, methodical, responsible, helpful, traditional, reliable, connected, and careful.

ISFPs are quiet, reserved, trusting, loyal, committed, sensitive, kind, creative, caretakers, flexible, considerate, kind, active, outdoors-y, modest, observant, understanding, caring, supportive, listeners, harmonious, and artistic.

INFJs are idealistic, complex, compassionate, authentic, creative, visionary, nurturers, intuitive, introspective, reserved, devoted, aloof, loyal, imaginative, and purposeful.

INFPs are loyal, devoted, sensitive, creative, inspirational, flexible, easygoing, complex, caring, individualistic, non-judgmental, compassionate, gentle, imaginative, unconventional, introspective, and authentic.

INTJs are reserved, detached, analytical, logical, rational, original, independent, creative, ingenious, innovative, problem-solvers, critical, reserved, competent, ambitious, intellectual, private, stable, and resourceful.

INTPs are logical, analytical, independent, original, creative, innovative, analytical, non-traditional, reserved, philosophical, unconventional, intense, direct, contemplative, reflective, and insightful.

ESTPs are action-oriented, fun, flexible, adaptable, thrill-seekers, energetic, active, playful, adventurous, sociable, tuned-in, novelty-seeking, fun-seeking, flirtatious, humorous, and resourceful.

ESTJs are loyal, hardworking, dependable, thorough, practical, realistic, orderly, rule-abiding, conscientious, organized, predictable, conventional, factual, logical, efficient, traditional, stable, active, planners, and energetic.

ESFPs are practical, realistic, independent, fun-loving, social, spontaneous, talkative, enthusiastic, cooperative, playful, entertainers, friendly, generous, supportive, positive, light-hearted, conflict avoiders, and flexible.

ESFJs are friendly, organized, hardworking, productive, conscientious, loyal, dependable, traditional, responsible, sociable, outspoken, helpful, punctual, sympathetic, caregivers, and practical.

ENFPs are friendly, creative, energetic, enthusiastic, innovative, adventurous, outgoing, curious, original, warm, passionate, self-expressive, social, encouraging, artistic, talkative, intuitive, and fun.

ENFJs are friendly, sociable, empathetic, loyal, creative, imaginative, considerate, supportive, optimistic, forward-thinking, ambitious, altruistic, expressive, idealistic, charismatic, inspiring, and responsible.

ENTPs are creative, ingenious, flexible, diverse, energetic, fun, motivating, logical, innovators, curious, clever, open-minded, unconventional, visionary, resourceful, analytical, witty, explorers, and outspoken.

ENTJs are independent, original, visionary, logical, organized, ambitious, competitive, hardworking, analytical, objective, decisive, energetic, methodical, outgoing, goal-oriented, and direct.