



## PERSONALITY TEST



### MYERS-BRIGGS TYPE INDICATOR

The Myers-Briggs Type Indicator (MBTI) is one of the most famous tests used to help measure personality or personal style. Using this assessment instrument, personality can be measured according to attitudes, orientations, character, temperaments or preferences as they relate to interactions, communication, decision-making and lifestyle.

#### ENERGY

How do you interact with others? How do you focus your attention? How do you gain your energy? Are you an Introvert or an Extrovert?

#### COMMUNICATION

How do you acquire, understand, transmit and process information and ideas? Are you an Intuitive or a Sensor?

#### DECISIONS

How do you reach conclusions, make decisions and form opinions? How do you approach problem-solving? Are you a Thinker or a Feeler?

#### LIFESTYLE

How do you organize and order your life? How do you define your lifestyle? Are you a Perceiver or a Judger?



#### I / INTROVERTS

Introverts are introspective, independent, reflective and careful. They prefer to work alone. They think before responding. They are quiet, diligent and reserved. They dislike interruptions while working. They may tend to forget names and faces. They tend to focus on their own inner world. They value having only a few deep relationships with close friends. They gain energy by resting.

#### E / EXTROVERTS

Extroverts interact easily with others. They are people-oriented. They are talkative, social, open and adaptable. They are quick and energetic. They like variety, and tend to become impatient with long, slow tasks. They are natural leaders. They tend to focus on the outer world. They value having many relationships with casual acquaintances. They gain energy through increased interaction.



#### N / INTUITORS

Intuitors see possibilities. They are futuristic. They are abstract, creative, inventive, spontaneous and imaginative in their thinking. They daydream. They can easily deal with theories, concepts, ambiguities, figurative thinking and *gray areas*. They dislike details, preferring, instead, *the big picture*. They value innovation, imagination and inspiration.

#### S / SENSORS

Sensors are practical. They are *here & now*, oriented to the present. They are realistic, linear and orderly in their thinking. They value facts and data and what is actual, accurate, concrete and tangible. They can easily deal with literal thinking, step-by-step approaches and *black-and-white* answers. They are detail-oriented.

## **T / THINKERS**

Thinkers are logical, rational, analytical, precise and objective. They are organized and stable, firm and final, brief and concise. They demand evidence and verification. They value accuracy. They are goal-oriented. They make decisions with their mind.

## **F / FEELERS**

Feelers are emotional, sensitive and subjective. They are sympathetic, harmonious and tactful. They tend to be considerate and understanding of others. They value relationships. They are people-oriented. They make decisions with their heart.



## **P / PERCEIVERS**

Perceivers are open, flexible, casual, spontaneous and adaptive. They see all sides of an issue. They make compromises. They don't mind leaving things unsettled and unfinished. They seek to understand. They are open-minded, laid-back and fun-loving. They know how to relax.

## **J / JUDGERS**

Judgers are orderly, organized, detailed and structured. They plan ahead. They are good with deadlines, lists, calendars and schedules. They make decisions easily and firmly. They get things done. They seek to control. They are good regulators and time managers. They are diligent workers.