

# Where do you get your energy?



## EXTRAVERSION

**Noun.** See also Extravert. Extraverted.

**Definition:** A person who is energized by the outside world of people and things.



- Likes to brainstorm out loud
- Feels energized in big groups of people
- Prefers to communicate in person by talking

ESTJ	ESFJ
ESTP	ESFP
ENTJ	ENFJ
ENTP	ENFP



## INTROVERSION

**Noun.** See also Introvert. Introverted.

**Definition:** A person who is energized by their inner world of thoughts and ideas.



- Likes to brainstorm quietly, by themselves
- Feels energized when they have time alone or with one or two close people
- Prefers to communicate in writing

ISTJ	ISFJ
ISTP	ISFP
INTJ	INFJ
INTP	INFP

# How do you learn?



## SENSING

**Noun.** Sensing

**Definition:** A person who takes in information in a step-by-step sequence and observes and remembers specific information.



## INTUITION

**Noun.** See also Intuitive.

**Definition:** A person who takes in information through a big picture and patterns approach.



- Focuses on facts
- Focuses on information from their five senses

ESTJ	ESFJ
ESTP	ESFP
ISTJ	ISFJ
ISTP	ISFP



- Focuses on patterns and connections in information
- Likes encompassing themes

ENTJ	ENFJ
ENTP	ENFP
INTJ	INFJ
INTP	INFP

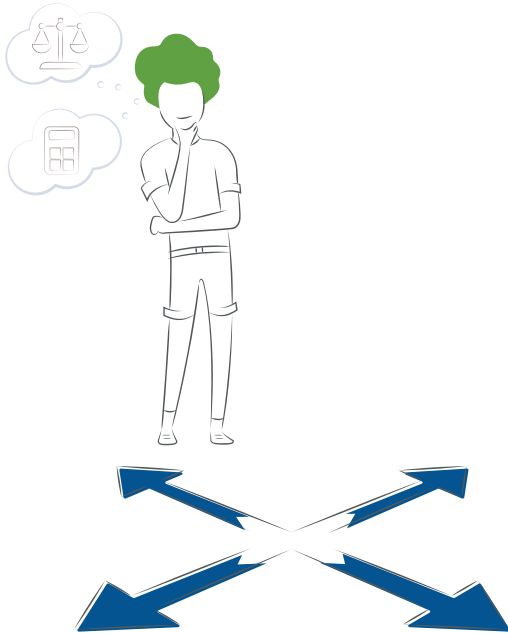
# How do you make decisions?



## THINKING

**Noun.** Thinking

**Definition:** a person who makes decisions based on objective points of view.



- Considers how decisions affect the bottom line
- Weighs logical consequences of decisions

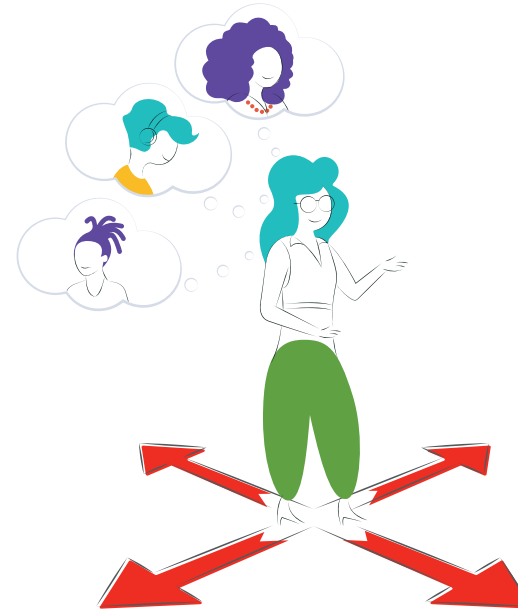
ESTJ	ISTJ
ESTP	ISTP
ENTJ	INTJ
ENTP	INTP



## FEELING

**Noun.** Feeling

**Definition:** a person who makes decisions based on subjective points of view.



- Considers how decisions affect people
- Weighs internal personal values in decision-making

ESFJ	ISFJ
ESFP	ISFP
ENFJ	INFJ
ENFP	INFP



# How do you organize your life and time?



## JUDGING

**Noun.** Judging

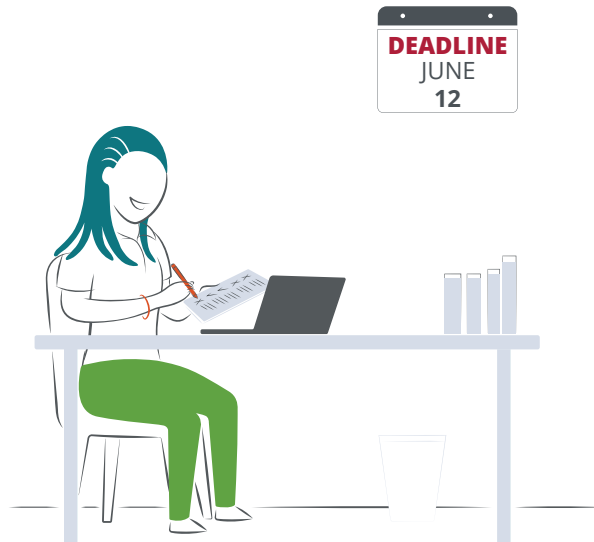
**Definition:** a person who organizes their world with structure and schedules.



## PERCEIVING

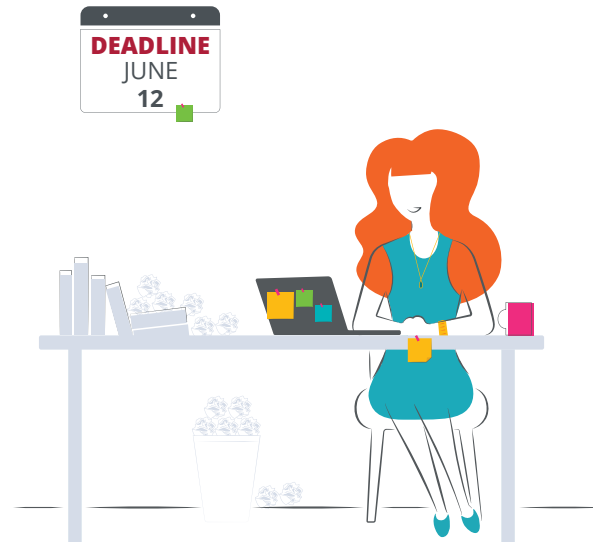
**Noun.** Perceiving

**Definition:** a person who organizes their world for greatest flexibility.



- Likes to make lists and plans
- Spaces out projects to get work done gradually, over time

ESTJ	ESFJ
ISTJ	INTJ
ENTJ	ISFJ
INFJ	ENFJ



- Likes to make decisions on the fly or spontaneously
- Gets a rush of energy working on projects before the deadline

ESTP	ESFP
ISTP	INTP
ENTP	ISFP
INFP	ENFP