**Short Personality Test**

For each of the four questions below, ask yourself: **Which side best represents me most of the time**? You will be tempted to say BOTH and that is normal.

Think about which side comes more naturally and **choose the letter next to it**.

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| **Question 1 – How do you get your energy?** |
| **Extraverts = E*** are generally sociable
* are focused on the outer world
* get energy by spending time with others
* talk a lot & start conversations
* speak first, then think
* are quick to take action
* have many friends & many interests
 | **Introverts = I*** are generally quiet
* are focused on their inner world
* get energy by spending time alone
* mostly listen & wait for others to talk first
* think first, then speak
* are slow to take action
* have a few deep friendships & refined interests
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| **Question 2 – How do you see the world & gather information?** |
| **Sensors = S*** have finely-tuned five senses
* pay attention to the details
* focus on what is real (in the present)
* think in concrete terms
* like practical things
* like to do (make)
* are accurate and observant
* prefer to do things the established way
 | **iNtuitives = N*** use their “sixth sense”
* see the “big picture”
* focus on what is possible (in the future)
* think in abstract terms
* like theories
* like to dream (design)
* are creative and imaginative
* prefer to try out new ideas
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| **Question 3 – How do you make your decisions?** |
| **Thinkers = T*** mostly use their head
* make decisions based on logic
* are more interested in things & ideas
* treat everybody the same(emphasizing fairness)
* are more scientific in describing the world
 | **Feelers = F*** mostly use their heart
* make decisions based on their values
* are more interested in people & emotions
* treat people according to their situation (emphasizing compassion)
* are more poetic in describing the world
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| **Question 4 – How much do you like to plan ahead?** |
| **Judgers = J*** are organized and structured
* make plans in advance
* keep to the plan
* like to be in control of their life
* want to finalize decisions
 | **Perceivers = P*** are casual and relaxed
* prefer to “go with the flow”
* are able to change and adapt quickly
* like to simply let life happen
* want to find more information
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