**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 |
| **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 |
| **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 |
| **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 |