What’s Your Personality Type?

Use the questions on the outside of the chart to determine the four letters of your Myers-Briggs type. For each pair of letters, choose the side that seems most natural to you, even if you don’t agree with every description.

1. Are you outwardly or inwardly focused? If you:
   - Could be described as talkative, outgoing
   - Like to be in a fast-paced environment
   - Tend to work out ideas with others, think out loud
   - Enjoy being the center of attention
   then you prefer
   **E** Extraversion

   - Could be described as reserved, private
   - Prefer a slower pace with time for contemplation
   - Tend to think things through inside your head
   - Would rather observe than be the center of attention
   then you prefer
   **I** Introversion

2. How do you prefer to take in information? If you:
   - Focus on the reality of how things are
   - Pay attention to concrete facts and details
   - Prefer ideas that have practical applications
   - Like to describe things in a specific, literal way
   then you prefer
   **S** Sensing

   - Imagine the possibilities of how things could be
   - Notice the big picture, see how everything connects
   - Enjoy ideas and concepts for their own sake
   - Like to describe things in a figurative, poetic way
   then you prefer
   **N** Intuition

3. How do you prefer to make decisions? If you:
   - Make decisions in an impulsive way, using logical reasoning
   - Value justice, fairness
   - Enjoy finding the flaws in an argument
   - Could be described as reasonable, level-headed
   then you prefer
   **T** Thinking

   - Innovative, independent, strategic, logical, reserved, insightful
   - Driven by their own original ideas to achieve improvements
   then you prefer
   **F** Feeling

4. How do you prefer to live your outer life? If you:
   - Prefer to have matters settled
   - Think rules and deadlines should be respected
   - Prefer to have detailed, step-by-step instructions
   - Make plans, want to know what you’re getting into
   then you prefer
   **J** Judging

   - Strategic, logical, efficient, outgoing, ambitious, independent
   - Effective organizers of people and long-range planners
   then you prefer
   **P** Perceiving