

Myers-Briggs, Abbreviated

The Myers-Briggs Type Indicator, a personality test too long to put in a worksheet, helps you to better understand yourself and how you learn new things and approach life. It can also help you to know these things when planning your future and your career.

Read both sides of each section and place yourself anywhere along the continuum, not necessary to either extreme, according to which you feel best fits your personality.

<p>Extroversion (E) sociable likes action and variety likes being the center of attention talks more than listens shares personal information freely gets energized by other people</p>	<p>Introversion (I) Reserved likes to think things through prefers privacy listens more than talks shares personal information with only a few gets energized by being alone</p>
<p>Sensing (S) uses senses to find out what's happening value realism and common sense present orientated tends to be specific and literal tends to work out problems step by step feels comfortable with repetition perspiration (work at it)</p>	<p>Intuition (N) uses imagination, hunches, inspiration values innovation and change future oriented tends to be general and figurative tends to solve problems in a roundabout manner feels comfortable with variety inspiration (think about it)</p>
<p>Thinking (T) head objective values logic, justice, fairness may hurt others' feelings without realizing it impersonal more important to be truthful than tactful motivated by desire for achievement</p>	<p>Feeling (F) heart subjective values empathy, harmony is very aware of others' feelings personal important to be tactful as well as truthful motivated by a desire to be appreciated</p>
<p>Judgment (J) closure / completion happiest when decisions are made likes to finish a project before starting another product oriented may decide things to quickly lives by standards and schedules goals to achieve</p>	<p>Perception (P) openness happiest leaving options open starts many projects, has trouble finishing them process oriented may decide things to slowly lives flexible time with elastic deadlines experience and discover as go along</p>

Now that you have an idea about your styles of functioning, let's look at how these apply, in general, to choosing a career that best matches you.

If you chose **E**, you probably prefer to:

- working, most of the time, with being
- be in the public eye as an entertainer, politician, talk show host, teacher
- do active work, such as a firefighter or a police officer

If you chose **I**, you probably prefer to:

- work alone
- work in a quiet atmosphere
- work on things in depth
- work jobs, such as writing, researching, computer programming, counseling

If you chose **S**, you probably prefer to:

- do uncomplicated, yet detailed work
- do repetitive work rather than work with lots of innovations or variety
- have your work structured and laid out for you
- work jobs, such as assembly work, word processing, accounting, surgery, dentistry

If you chose **N**, you probably prefer to:

- use your imagination and creativity
- brainstorm and act on hunches and see patterns in things
- troubleshoot and solve new problems
- work jobs, such as designer, planner, artist, inventor, teacher, hot-line operator

If you chose **T**, you probably prefer to:

- analyze situations and use logic to come to conclusions
- treat and be treated fairly in the workplace
- work in a place where you do not have to become emotionally or socially involved with co-workers
- work jobs, such as computer programming and repair, lawyer, teacher of math, archaeology or history, judge

If you chose **F**, you probably prefer to:

- work in a place where you are appreciated and there is little conflict
- know your co-workers very well and get involved with them on a personal level
- do work that pleases people
- work jobs, such as mediator, teacher of younger children, clergy, counselor, social worker, nurse, family physician

If you chose **J**, you probably prefer to:

- work from a plan and make decisions beforehand
- work on one thing at a time and complete it before the deadline
- see the results of your work, such as a final product
- work jobs, such as interior decorator, business executive, lawyer

If you chose **P**, you probably prefer to:

- work on a flexible time schedule
- work on many projects at once, just for the stimulation and to keep up curiosity and spontaneity
- start up new companies, departments
- work jobs, such as farmer, carpenter, investor, entrepreneur

Sum up all that you learned about yourself in just a few words. Have your mentor to the same.

Me in a Nutshell	My Dream Partner in a Nutshell
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____