

What's your personality Type?

1. How are you **energised**? If you:

Extraversion	Tick	Introversion	Tick
Could be described as talkative/outgoing		Could be described as reserved or private	
Like to be in a fast paced environment		Prefer a slower pace with time for contemplation	
Tend to work out ideas with others, think out loud		Tend to think things through inside your head	
Enjoy being the centre of attention		Would rather observe than be the centre of attention	
<i>Count how many Ticks - E</i>		<i>Count how many Ticks - I</i>	

2. How do you take in information and what do you normally **pay attention** to? If you:

Sensing	Tick	Intuition (N)	Tick
Focus on the reality of how things are		Image the possibilities of how things could be	
Pay attention to concrete facts and details		Notice the big picture, see how everything connects	
Prefer ideas that have practical application		Enjoy ideas and concepts for their own sake	
Like to describe things in a specific literal way		Like to describe things in a figurative, poetic way	
<i>Count how many Ticks - S</i>		<i>Count how many Ticks - N</i>	

3. How do you **make decisions** and form judgments? If you:

Thinking	Tick	Feeling	Tick
Make decisions in an impersonal way, without logical reasoning		Base your decisions on personal values and how your actions affect others	
Value justice, fairness		Value harmony, forgiveness	
Enjoy finding the flaws in an argument		Like to please others and point out the best in people	
Could be described as reasonable, level-headed		Could be described as warm, empathetic	
<i>Count how many Ticks - T</i>		<i>Count how many Ticks - F</i>	

4. How you deal with the world and what type of **lifestyle habits** do you prefer? If you:

Judging	Tick	Perceiving	Tick
Prefer to have matters settled		Prefer to leave your options open	
Think rules and deadlines should be respected		See rules and deadlines as flexible	
Prefer to have detailed step by step instructions		Like to improvise and makes things up as you go	
Make plans, want to know what you're getting into		Are spontaneous, enjoy surprises and new situations	
<i>Count how many Ticks - J</i>		<i>Count how many Ticks - P</i>	