

## PERSONALITY TYPE HANDOUT

Listed here are the strengths of different Meyers-Briggs personality types. You are to find your personality type and determine three of the strengths that you believe describe you.

### **ENFI**

Good communication & presentation skills  
Charismatic  
Can build consensus  
Enthusiastic  
Decisive  
Strong organizational skills  
Think outside the box  
Empathetic  
Genuine concern for others  
Varied interests  
Quick learner  
Can see the big picture  
Productive  
Good at setting and achieving goals  
Deep commitment to causes

### **ENTP**

Good communication skills & comfortable socially  
Can think outside the box  
Creative  
Courageous  
Overcome obstacles  
Broad range of interests & can juggle several projects  
Quick learner  
Ability to withstand rejection  
Optimistic and enthusiastic  
Confident  
Motivated  
Curious  
Adaptable  
Perceptive

### **ENTJ**

Ability to see new possibilities  
Creative  
Can understand complex issues  
Ambitious  
Confident  
Leadership ability  
Motivated  
High standards  
Strong work ethic  
Ability to create new systems  
Courageous  
Logical  
Analytical  
Decisive  
Organized  
Technological

### **ENFP**

Consider new possibilities  
Take risks  
Overcome obstacles  
Broad range of interests  
Quick learner  
Curious  
Can see the big picture  
Can see the implications of actions & ideas  
Good communication skills  
Enthusiastic  
Can rouse other's enthusiasm  
Can shift gears and change directions quickly  
Perceptive about people  
Understands others well

### **ESFJ**

Energetic  
Productive  
Builds strong relationships  
Practical  
Decisive  
Stable  
Ability to maintain traditions  
Organized  
Strong work ethic  
Loyal  
Responsible  
Ability to follow established routines  
Good common sense  
Realistic

### **ESTJ**

Practical  
Focused  
Forceful, can be tough when needed  
Precise and accurate  
Desire to follow established procedures  
Logical  
Efficient  
Organized  
Good at objective decision-making  
Traditional  
Responsible  
Strong work ethic  
Productive  
Realistic  
Good common sense

### **ESFP**

Energetic  
Adaptable  
Sensitive to people's needs  
Helpful  
Caring  
Good team member  
Fun  
Practical  
Good common sense  
Loyal  
Process-oriented approach  
Flexible  
Calculated risk-taker  
Active  
Creates a lively environment  
Good at assessing situations

### **ESTP**

Observant  
Good memory  
Realistic  
Good at initiating and promoting projects  
Energetic  
Adaptable  
Fun  
Good team member  
Practical  
Good common sense  
Process oriented  
Flexible  
Take calculated risks  
Accept differences  
Ability to go with the flow

### **INTJ**

Concentrate well  
See possibilities and implications  
Enjoy intellectual challenges  
Creative  
Decisive  
Confident  
Committed  
Motivated  
Analytical  
Independent  
High standards  
Productive  
Technological  
Logical  
Organized

### **INFP**

Thoughtful  
Think outside the box  
Focused  
Committed  
Works well alone  
Curious  
Ability to see the big picture  
Perceptive  
Adaptable  
Work well with people one-on-one  
Consider new possibilities  
Strong beliefs  
Skill for getting information you need  
See implications of actions and ideas  
See people's needs and motivations

### **INFJ**

Show integrity  
Inspires others  
Focused  
Decisive  
Organized  
Creative  
Empathetic  
Can see big picture  
Ability to understand complex concepts  
Helpful  
Independent  
Strong personal convictions  
Productive  
Committed  
Genuine interest in others

### **INTP**

Think outside the box  
Understand abstract ideas  
Creative  
Courageous  
Overcome obstacles  
Ability to synthesize lots of information  
Curious  
Ability to analyze things even under stress  
Confident  
Driven  
Ability to address issues without taking them personally  
Strong vision  
Can see the big picture  
Can see implications of actions and ideas  
Good problem-solving skills

### **ISFJ**

Strong work ethic  
Responsible  
Empathetic  
Excellent with routines requiring repeated tasks  
Accurate  
Careful  
Enjoys established ways of doing things  
Thorough  
Helpful  
Supportive  
Respect status given by titles  
Sequential  
Enjoy being in service with others  
Detail-oriented  
Good team member

### **ISTJ**

Precise  
Dependable  
Follow established policies  
Detail oriented  
Follow through well  
Ability to work in established structure  
Focused  
Works alone well  
Organized  
Thorough  
Values traditions  
Can concentrate on one task at a time with great depth  
Great maintainer of organizations  
Stable  
Works well with conventional routines

### **ISFP**

Welcomes change  
Sensitive  
Helpful  
Practical  
Realistic  
Good common sense  
Warm  
Generous  
Loyal  
Detail-oriented  
Thoughtful  
Support organizational goals  
Can clearly asses current conditions  
Flexible  
Can see how to fix things, especially with people

### **ISTP**

Works well with defined tasks  
Observant  
Good memory  
Can bring order to confusing data  
Works well alone  
Calm  
Ability to recognize what needs doing  
Works well with tools  
Adaptable  
Practical  
Makes good use of available resources  
Flexible  
Good kinesthetic skills  
Good team player  
Works well under pressure