

What is your preferred style. Mark on each arrow....

Worksheet 3: Exploring your personality

Extraversion

Introversion

Where you prefer to get and focus your 'energy' or attention

Prefer to communicate by talking; learn best by doing/discussing; have broad interests; tend to speak first, reflect later;; sociable & expressive; readily take initiative in work & relationships

Drawn to inner world; prefer to communicate n writing; learn best by reflection; have a depth of interests; tend to reflect before acting or speaking; private and contained

Sensing

iNtuition

What kind of information do you prefer to gather and trust

Orientated to present realities; factual & concrete; focus on what is real & actual; observe & remember detail; want information step by step; trust experience

Orientated towards future possibilities – 'big picture'; imaginative & verbally creative; focus on patterns & meanings in data; trust inspiration/hunches

Thinking

Feeling

What process you prefer to use in coming to decisions

Analytical, rational; solve problems with logic; strive for mutual respect; can be 'tough-minded'; reasonable; fair – want to treat everyone equally

Empathetic; compassionate & accepting; assess impact of decisions on people; strive for harmony & positive interactions; fair – want everyone treated as an equal

Judging

Perceiving

How you prefer to deal with world around you, your 'lifestyle

Scheduled ; organised; systematic/methodical; like to plan/'to do lists'; like completing; try to avoid last minute stress

Spontaneous; flexible; open-ended; casual & adaptable; likes things loose * open to change; fell energised by last minute pressures