**Where do you gain your energy from?**

Outside or inside?

Compare each of the five statements in turn and tick the options that are most like you.   
If you're not sure what to pick, think about your personal preferences when you're at home.

|  |  |  |
| --- | --- | --- |
| I think out loud | OR | I think before I speak |
| I generally act quickly | OR | I generally act carefully |
| I'm a good talker | OR | I'm a good listener |
| I prefer to stand out | OR | I prefer to blend in |
| I tend to work best in groups | OR | I tend to work best alone |

**I am more Extrovert**

**E** people tend to

* gain energy from people or things around them
* recharge their batteries by being active
* be confident
* be assertive

**I am more Introvert**

**I** people tend to

* gain energy from inside themselves
* recharge their batteries by spending time alone
* be careful
* be good listeners

**How do you take in information?**

Do you look at the detail or the big picture?

Compare each of the five statements in turn and tick the options that are most like you.   
If you're not sure what to pick, think about your personal preferences when you're at home.

|  |  |  |
| --- | --- | --- |
| I look for the facts | OR | I look for possibilities |
| I look for details | OR | I look for patterns |
| I focus on what works now | OR | I focus on how to make it different |
| I prefer applying what I've learned | OR | I prefer learning new things |
| I tend to go step-by-step | OR | I tend to join in anywhere |

**I am more Sensing**

**S** people tend to

* have their feet on the ground
* be good at thinking 'inside the box'
* be practical
* be realistic
* be sensible

**I am more iNtuitive**

**N** people tend to

* like to think about how things could be changed
* be good at thinking 'outside the box'
* be imaginative
* be creative
* be dreamers

**How do you decide things?**

With your head or your heart?

Compare each of the five statements in turn and tick the options that are most like you.   
If you're not sure what to pick, think about your personal preferences when you're at home.

|  |  |  |
| --- | --- | --- |
| I generally follow my head | OR | I generally follow my heart |
| I ask 'is this the right decision' | OR | I ask 'how will it affect people' |
| I can give and take criticism quite easily | OR | I tend to avoid giving or receiving criticism |
| I tend to tell it how I see it | OR | I tend to be careful about saying things that upset people |
| I am more likely to be called 'cold' | OR | I am more likely to be called 'warm' |

**I am more Thinking**

**T** people tend to

* make decisions by doing the 'right thing'
* like fairness
* be logical
* be objective
* be honest

**I am more Feeling**

**F** people tend to

* make decisions by considering how it will affect people
* like to be liked
* be sympathetic
* be friendly
* be caring

**What is your attitude to life?**

Planned or spontaneous?

Compare each of the five statements in turn and tick the options that are most like you.   
If you're not sure what to pick, think about your personal preferences when you're at home.

|  |  |  |
| --- | --- | --- |
| I like to plan and organise | OR | I like to wonder how it will turn out |
| I like writing lists | OR | I don't like writing lists |
| I like things tidy | OR | I don't mind things untidy |
| I prefer it when I've finished a task | OR | I prefer it when I've started a task |
| I usually work at a steady pace until I'm finished | OR | I often work at the last minute to get things done |

**I am more Judging**

**J** people tend to

* organise themselves
* relax once things are complete
* be logical
* get things done
* be on time and on schedule

**I am more Perceiving**

**P** people tend to

* be flexible
* be able to relax with things left incomplete
* be spontaneous
* be open-minded