



Name \_\_\_\_\_ Date \_\_\_\_\_

## Personality Checklist

**Directions:** Look at each pair of items and select the one that describes you best.

### Extravert (E)

### Introvert (I)

<input type="checkbox"/> Energized by social interaction	<input type="checkbox"/> Energized by having quiet time alone
<input type="checkbox"/> Tend to talk first and think later	<input type="checkbox"/> Tend to think first and talk later
<input type="checkbox"/> Tend to think out loud	<input type="checkbox"/> Tend to think things through quietly
<input type="checkbox"/> Tend to respond quickly, before thinking	<input type="checkbox"/> Tend to respond slowly, after thinking
<input type="checkbox"/> Easy to get to know, outgoing	<input type="checkbox"/> Difficult to get to know, private
<input type="checkbox"/> Have many friends, know lots of people	<input type="checkbox"/> Have a few close friends
<input type="checkbox"/> Can read or talk with background noise	<input type="checkbox"/> Prefer quiet for concentration
<input type="checkbox"/> Talk more than listen	<input type="checkbox"/> Listen more than talk
<input type="checkbox"/> View telephone calls as a welcome break	<input type="checkbox"/> View telephone calls as a distraction
<input type="checkbox"/> Talk to many different people at parties	<input type="checkbox"/> Talk to a few people at parties
<input type="checkbox"/> Prefer to study with others in a group	<input type="checkbox"/> Prefer to study alone
<input type="checkbox"/> Described as talkative or friendly	<input type="checkbox"/> Described as quiet or reserved
<input type="checkbox"/> Work through trial and error	<input type="checkbox"/> Work systematically
<input type="checkbox"/> Much public contact	<input type="checkbox"/> Work alone or with individuals
<input type="checkbox"/> High energy environment	<input type="checkbox"/> Quiet for concentration
<input type="checkbox"/> Work as part of a team	<input type="checkbox"/> Work alone or in small groups
<input type="checkbox"/> Variety and action	<input type="checkbox"/> Focus on one project until complete
<input type="checkbox"/> Talk to others	<input type="checkbox"/> Work without interruption
<input type="checkbox"/> Present ideas to a group	<input type="checkbox"/> Communication one-on-one
<input type="checkbox"/> Total Extravert	<input type="checkbox"/> Total Introvert

**Sensing (S)****Intuitive (N)**

<input type="checkbox"/> Trust what is certain and concrete	<input type="checkbox"/> Trust inspiration and inference
<input type="checkbox"/> Prefer specific answers to questions	<input type="checkbox"/> Prefer general answers which leave room for interpretation
<input type="checkbox"/> Like new ideas if they have practical applications (if you can use them)	<input type="checkbox"/> Like new ideas for their own sake (you don't need a practical use for them)
<input type="checkbox"/> Value realism and common sense	<input type="checkbox"/> Value imagination and innovation
<input type="checkbox"/> Think about things one at a time and step-by-step	<input type="checkbox"/> Think about many ideas at once as they come to you
<input type="checkbox"/> Like to improve and use skills learned before	<input type="checkbox"/> Like to learn new skills and get bored using the same skills
<input type="checkbox"/> More focused on the present	<input type="checkbox"/> More focused on the future
<input type="checkbox"/> Concentrate on what you are doing at the moment	<input type="checkbox"/> Wonder what is next
<input type="checkbox"/> Do something	<input type="checkbox"/> Think about doing something
<input type="checkbox"/> See tangible results	<input type="checkbox"/> Focus on possibilities
<input type="checkbox"/> If it isn't broken, don't fix it	<input type="checkbox"/> There is always a better way to do it
<input type="checkbox"/> Prefer working with facts and figures	<input type="checkbox"/> Prefer working with ideas and theories
<input type="checkbox"/> Focus on reality	<input type="checkbox"/> Use fantasy
<input type="checkbox"/> "Seeing is believing"	<input type="checkbox"/> "Anything is possible"
<input type="checkbox"/> Tend to be specific and literal (say what you mean)	<input type="checkbox"/> Tend to be general and figurative (use comparisons and analogies)
<input type="checkbox"/> See what is here and now	<input type="checkbox"/> See the big picture
<input type="checkbox"/> Work with known facts	<input type="checkbox"/> Explore new ideas and approaches
<input type="checkbox"/> Focus on practical benefits	<input type="checkbox"/> Use imagination and be original
<input type="checkbox"/> Learn through experience	<input type="checkbox"/> Freedom to follow your inspiration
<input type="checkbox"/> Work step-by-step	<input type="checkbox"/> Work in bursts of energy
<input type="checkbox"/> Total Sensing	<input type="checkbox"/> Total Intuitive

**Thinking (T)****Feeling (F)**

<input type="checkbox"/> Apply impersonal analysis to problems	<input type="checkbox"/> Consider the effect on others
<input type="checkbox"/> Value logic and justice	<input type="checkbox"/> Value empathy and harmony
<input type="checkbox"/> Fairness is important	<input type="checkbox"/> There are exceptions to every rule
<input type="checkbox"/> Truth is more important than tact	<input type="checkbox"/> Tact is more important than truth
<input type="checkbox"/> Motivated by achievement and accomplishment	<input type="checkbox"/> Motivated by being appreciated by others
<input type="checkbox"/> Feelings are valid if they are logical	<input type="checkbox"/> Feelings are valid whether they make sense or not
<input type="checkbox"/> Good decisions are logical	<input type="checkbox"/> Good decisions take others' feelings into account
<input type="checkbox"/> Described as cool, calm and objective	<input type="checkbox"/> Described as caring and emotional
<input type="checkbox"/> Love can be analyzed	<input type="checkbox"/> Love cannot be defined
<input type="checkbox"/> Are firm-minded	<input type="checkbox"/> Are gentle-hearted
<input type="checkbox"/> More important to be right	<input type="checkbox"/> More important to be liked
<input type="checkbox"/> Remember numbers and figures	<input type="checkbox"/> Remember faces and names
<input type="checkbox"/> Prefer clarity	<input type="checkbox"/> Prefer harmony
<input type="checkbox"/> Find flaws and critique	<input type="checkbox"/> Look for the good and compliment
<input type="checkbox"/> Prefer firmness	<input type="checkbox"/> Prefer persuasion
<input type="checkbox"/> Maintain business environment	<input type="checkbox"/> Close personal relationships
<input type="checkbox"/> Be treated fairly	<input type="checkbox"/> Work matches personal values
<input type="checkbox"/> Fair evaluations	<input type="checkbox"/> Appreciation for good work
<input type="checkbox"/> Solve problems	<input type="checkbox"/> Make a personal contribution
<input type="checkbox"/> Challenging work	<input type="checkbox"/> Harmonious work situation
<input type="checkbox"/> Total Thinking	<input type="checkbox"/> Total Feeling

**Judging (J)****Perceptive (P)**

<input type="checkbox"/> Happy when the decisions are made and finished <input type="checkbox"/> Work first, play later  <input type="checkbox"/> It is important to be on time  <input type="checkbox"/> Feel comfortable with routine  <input type="checkbox"/> Generally keep things in order  <input type="checkbox"/> Set goals and work toward them  <input type="checkbox"/> Emphasize completing the task  <input type="checkbox"/> Like to finish projects  <input type="checkbox"/> Meet deadlines  <input type="checkbox"/> Know what they are getting into  <input type="checkbox"/> Relax when things are organized  <input type="checkbox"/> Follow a routine  <input type="checkbox"/> Work steadily  <input type="checkbox"/> Follow a schedule  <input type="checkbox"/> Clear directions  <input type="checkbox"/> Organized work  <input type="checkbox"/> Logical order  <input type="checkbox"/> Stability and security  <input type="checkbox"/> Work on one project until done  <input type="checkbox"/> Like having high responsibility	<input type="checkbox"/> Happy when the options are left open-something better may come along <input type="checkbox"/> Play first, do the work later  <input type="checkbox"/> Time is relative  <input type="checkbox"/> Dislike routine  <input type="checkbox"/> Prefer creative disorder  <input type="checkbox"/> Change goals as new opportunities arise <input type="checkbox"/> Emphasize how the task is done  <input type="checkbox"/> Like to start projects  <input type="checkbox"/> What deadline?  <input type="checkbox"/> Like new possibilities and situations  <input type="checkbox"/> Relax when necessary  <input type="checkbox"/> Explore the unknown  <input type="checkbox"/> Work in spurts of energy  <input type="checkbox"/> Be spontaneous  <input type="checkbox"/> Minimal rules and structure  <input type="checkbox"/> Flexible  <input type="checkbox"/> Many changes  <input type="checkbox"/> Take risks and be adventurous  <input type="checkbox"/> Juggle many projects  <input type="checkbox"/> Like having interesting work
<input type="checkbox"/> Total Judging	<input type="checkbox"/> Total Perceptive