

Worksheet: deciding your best-fit type

Which do you prefer? How clear are you about your preferences?

	Very clear	Clear	Moderate	Slight	Moderate	Clear	Very clear	
E Energised by the outer world								I Energised by the inner world
S Focus on facts and practicalities								N Focus on patterns and meanings
T Decisions based on logic and objective analysis								F Decisions based on personal values and convictions
J Live outer life in a planned and organised way								P Live outer life in a spontaneous and flexible way

1. Initial self-assessment of type:

E or I

S or N

T or F

J or P