

E S T J

Realists who are quick to make practical decisions.

1. Insurance sales agent
2. Pharmacist
3. Lawyer
4. Project manager
5. Judge

I S T J

Hard workers who value their responsibilities and commitments.

1. Auditor
2. Accountant
3. Chief financial officer
4. Web development engineer
5. Government employee

E S F J

Gregarious traditionalists motivated to help others.

1. Sales representative
2. Nurse/Healthcare worker
3. Social worker
4. PR account executive
5. Loan officer

I S F J

Modest and determined workers who enjoy helping others.

1. Dentist
2. Elementary school teacher
3. Librarian
4. Franchise owner
5. Customer service representative

E S T P

Pragmatists who love excitement and excel in a crisis.

1. Detective
2. Banker
3. Investor
4. Entertainment agent
5. Sports coach

I S T P

Straightforward and honest people who prefer action to conversation.

1. Civil engineer
2. Economist
3. Pilot
4. Data communications analyst
5. Emergency room physician

E S F P

Lively and playful people who value common sense.

1. Child welfare counselor
2. Primary care physician
3. Actor
4. Interior designer
5. Environmental scientist

I S F P

Warm and sensitive types who like to help people in tangible ways.

1. Fashion designer
2. Physical therapist
3. Massage therapist
4. Landscape architect
5. Storekeeper

E N T J

Natural leaders who are logical, analytical, and good strategic planners.

1. Executive
2. Lawyer
3. Market research analyst
4. Management/Business consultant
5. Venture capitalist

I N T J

Creative perfectionists who prefer to do things their own way.

1. Investment banker
2. Personal financial adviser
3. Software developer
4. Economist
5. Executive

E N F J

People-lovers who are energetic, articulate, and diplomatic.

1. Advertising executive
2. Public relations specialist
3. Corporate coach/Trainer
4. Sales manager
5. Employment specialist/HR professional

I N F J

Thoughtful, creative people driven by firm principles and personal integrity.

1. Therapist/Mental health counselor
2. Social worker
3. HR diversity manager
4. Organizational development consultant
5. Customer relations manager

E N T P

Enterprising creative people who enjoy new challenges.

1. Entrepreneur
2. Real estate developer
3. Advertising creative director
4. Marketing director
5. Politician/Political consultant

I N T P

Independent and creative problem-solvers.

1. Computer programmer/Software designer
2. Financial analyst
3. Architect
4. College professor
5. Economist

E N F P

Curious and confident creative types who see possibilities everywhere.

1. Journalist
2. Advertising creative director
3. Consultant
4. Restaurateur
5. Event planner

I N F P

Sensitive idealists motivated by their deeper personal values.

1. Graphic designer
2. Psychologist/Therapist
3. Writer/Editor
4. Physical therapist
5. HR development trainer

WHAT'S YOUR MBTI TYPE DOG?



ISTJ **BERNESE MOUNTAIN DOG**
Quiet, hard working.
Thrives on structure and clear rules.



ISFJ **PAPILLON**
A steadfast companion.
Has a friendly personality that can steal your heart.



INFJ **GREYHOUND**
Quiet, well-mannered and independent.
Doesn't thrive amid yelling and tension.



INTJ **AFGHAN HOUND**
Aristocratic and noble, can appear aloof but has advanced reasoning skills.



ISTP **BASSET HOUND**
Sloppy, not prone to dramatic displays of affection. Has acutely developed practical skills.



ISFP **SAINT BERNARD**
Has instinctive rescue abilities. Gentle and unexcitable but always makes time to play.



INFP **TIBETAN TERRIER**
Gentle, sweet-natured and a sensitive companion on a spiritual journey.



INTP **ALASKAN MALAMUTE**
Independent, inquisitive and resourceful. Adapted to unforgiving environments.



ESTP **JACK RUSSELL TERRIER**
Spirited, fearless and says fearlessly what's on its mind, above causing mischief.



ESFP **POODLE**
Loves learning tricks and performing. Amuses self with playful antics if bored.



ENFP **GOLDEN RETRIEVER**
Brightful, keep going and fun to have around. Great with kids and kind to strangers.



ENTP **BULL TERRIER**
Energetic, independent and outgoing. Becomes bored without mental stimulation.



ESTJ **BORDER COLLIE**
Happiest when at work, warning their keep. Skilled at rallying the troops and providing direction.



ESFJ **GREAT DANE**
Even tempered, well-mannered family member. Alerts you to danger but dislikes confrontation.



ENFJ **BOXER**
Bold, exuberant, affectionate, self-confident and utterly loyal. Patient with family.



ENTJ **GERMAN SHEPHERD**
Strong work ethic. Proud for sound judgement, strength and proactive instincts.

What shoe are you?

ISTJ Wellies
Sensible, efficient and can be relied on to deal with practical needs

ISFJ Cosy slippers
Warm, caring and comforting

INFJ Baby shoes
Focuses on others' growth, quietly supports them develop their potential

INTJ Goth boots
Self-contained, clever and just a little scary

ISTP Firefighter's boots
Realistic, responds quickly when trouble arises

ISFP Bare feet
In touch with nature, gentle, authentic, unpretentious

INFP Biodegradable shoes
Lives life in harmony with inner values. A touch quixotic.

INTP Well used high tech trainers
Outward informality disguises drive for competence

ESTP Roller blades
Expedient and resourceful. Seeks action and fun

ESFP Tap shoes
Fast paced, upbeat and entertaining. Brims with enthusiasm and excitement

ENFP Imaginative shoe
Enthusiastic and versatile. Values novel ideas whether or not they are sensible

ENTP Space boots
Pioneering and audacious. Practical constraints are challenges to be conquered. Sometimes on another planet.

ESTJ Running shoes
Let's get on with it, "follow me", sets the pace

ESFJ Wedding shoes
Focus on family, tradition and community

ENFJ Shoe stretchers
Challenges people to be their best

ENTJ Classic work shoe
Smart, business-like, comfortable in the executive suite

ISFJ
By itself

ISFJ

ESFJ
By itself

ESFJ

ISTJ
By itself

ISTJ

ESTJ
By itself

ESTJ

ISFP
By itself

ISFP

ESFP
By itself

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ISTP
By itself

ISTP

ESTP
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By itself

ENFJ

INTP
By itself

INTP

ENTP
By itself

ENTP

INTJ
By itself

INTJ

ENTJ
By itself

ENTJ

Your Dessert Personality

www.boxupthehappy.com

ISTJ



creme brulee

Serious and practical. Thorough & successful. Take pleasure in order and routine.

ISFJ



chocolate mousse

Responsible, friendly, and dependable. Considerate, orderly, and classy.

INFJ



hot chocolate

You seek meaning and connection. Conscientious and committed. Steady.

INTJ



tiramisu

Original, driven, complex, and layered. Have high expectations of yourself and others.

ISTP



strawberry shortcake

You find solutions and order to things but are tolerant and flexible. Easy and dependable.

ISFP



brownie

Quiet, friendly, and peaceful. You bring great comfort to others without being pushy or opinionated.

INFP



apple pie

Idealistic, loyal, & a desire to understand others. Understated, but there's more beneath the surface.

INTP



pumpkin pie

Quiet and contained. Adapable and flexible, but you still seek logical solutions.

ESTP



blondie

Flexible & tolerant, but spontaneous & active. Steady with a bit of an edge.

ESFP



chocolate lava cake

Outgoing, exciting, and one who lives life fully. Appreciation for the decadent.

ENFP



chocolate chip cookie

Warm, enthusiastic, appreciative, and supportive. You help everyone feel good.

ENTP



a froyo bar

Bored by routine. Smart and interested in finding new ways to do things.

ESTJ



a glazed donut

Simple, practical, & you get things done. Despite your lack of flash, people still follow you.

ESFJ



butter pecan ice cream

Warmhearted and cooperative, but you still desire to be appreciated for being uniquely you.

ENFJ



carrot cake

Empathic, kind, and responsible. Social and loyal. You make others feel at ease.

ENTJ



cheesecake

Classic, frank, and decisive. You know how to be the star of the show. Around for the long haul.

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What's your type tippple?

ISTJ

15-year-old malt whiskey

Dependable, planned, patient, builds on a foundation of experience



ISFJ

A nice cup of tea

Considerate, traditional, practical and sensitive to the needs of others



INFJ

Refreshing glass of mineral water

Clear insights into others; sees through to core values



INTJ

Irish coffee

Calm on the surface; best ideas are under the surface; structured



ISTP

Versatile vodka

Adaptable, efficient, pragmatic; thrives on variety; works well with few rules



ISFP

Warming mug of cocoa

Gentle, warm and comforting, dislikes conflict



INFP

Cleansing cup of green tea

Clear inner values involving human growth; idealistic, congruent catalyst



INTP

Martini

Rarely shaken or stirred; contained; elegant clarity of thought



ESTP

Energy drink

Stimulating; immediately impactful; lives in the moment, spontaneous



ESFP

Punch for parties

Lives life exuberantly; gregarious, entertaining, friendly; adapts readily to new environments



ENFP

Cocktails

Imaginative, fun; enjoys novelty, change and sharing; relies on ability to improvise



ENTP

Flaming sambuca shots

Adventurous, enjoys a challenge; likes to be trail blazing and different



ESTJ

Pint of real ale

Straightforward, reliable, no nonsense; focuses on bottom-line results



ESFJ

Homemade lemonade to share

Cares for others in practical ways; creates a community; works to create harmony



ENFJ

Celebratory glass of champagne

Gracious, congenial; attuned to emotions; celebrates success



ENTJ

Glass of vintage wine

Enjoys complexity, competence and status; plans for the long term



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ISTJ—Most reliable Organized, compulsive, private, trustworthy, follows rules and regulations, practical	ISFJ—Most loyal Easy to collaborate with, works behind scenes, sacrifices readily, accountable
ISTP—Most pragmatic Observant, often seen as cool and aloof, practical, unpretentious, ready for anything	ISFP—Most artistic Warm, sensitive, unassuming, team player, in touch with self and nature
INTJ—Most independent Theoretical, skeptical, needs to be competent sees world as chessboard, needs things "my way"	INFP—Most idealistic Has strong personal values seeks inner order and peace creative, nondirective, reserved with people
INTP—Most conceptual Challenges others to think, high need for competency, socially cautious, independent	ENFP—Most optimistic People-oriented, creative, seeks harmony with others, life of the party, better at starting than finishing
ESTP—Most fun Unconventional, fun, gregarious, lives for the here and now, problem-solver	ESFP—Most generous Sociable, spontaneous, loves surprises, cuts red tape, juggles many projects, shares readily
ESTJ—Most forceful Orderly and structured, sociable, opinionated, results-oriented, productive, traditional	INFJ—Most reflective Reflective, introspective, quietly caring, creative, eloquent speaker/writer, visionary
ENTP—Most inventive Given to brinksmanship, tests limits, enthusiastic, innovative, enjoys arguing both sides, likes challenges	ENFJ—Most persuasive Charismatic, idealistic, ignores unpleasantness, sees the potential in others, compassionate
ENTJ—Most commanding Visionary, gregarious, argumentative, planner, leader, impatient with incompetence	ESFJ—Most harmonious Gracious, thoughtful, lives to please, has strong interpersonal skills, accomplished host/hostess

INFJ

"The Counselor"

I N F J = Inner Nuances Foster Journeys



INFJ's are conscientious and value-driven. They seek meaning in relationships, ideas, and events, with an eye toward better understanding themselves and others.

INFJ's are quiet, private individuals who prefer to exercise their influence behind the scenes.

INFJ's have a rich, vivid inner life, which they may be reluctant to share with those around them.

Abstract in communicating, they live in a world of hidden meanings and possibilities.

Characteristics

- INFJs are gentle, caring and complex.
- Have deep insight into people and situations
- As genuinely warm as they are complex.
- INFJ are nurturers; patient and devoted.

Possible Careers

Artist, Clergy, Counselor, Photographer, Teacher, Writer

Famous INFJs

Leonard Cohen, Noam Chomsky, Mahatma Gandhi, Thomas Jefferson, Ludwig Wittgenstein





