

~ R E P O R T F O R ~

I N F J

INTROVERTED • INTUITIVE • FEELING • JUDGING



YOU'RE AN **INFJ**

INFJ stands for **Introverted, iNtuitive, Feeling, Judging**.

Each letter of your personality type describes a key aspect of who you are.

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INTROVERSION

Your Energy Style

Reserved,
Independent, Composed,
Focused

Your energy style is Introversion (in contrast with Extraversion). This dimension describes how you manage your energy.

Introverts are energized by being quiet, reflective, and calm. They maintain a distance from the outside world and prefer to conserve their energy rather than expend a lot of effort seeking excitement.

You enjoy:

- Contemplating ideas and experiences
- Being in calm surroundings
- Exploring a subject in depth
- Reflecting on thoughts or feelings
- Maintaining distance and privacy
- Quiet and solitude

INTUITION

Your Cognitive Style

Idealistic,
Imaginative, Perceptive,
Complex

Your cognitive style is Intuition (in contrast with Sensing). This dimension describes how you process information.

Intuitives process information in an abstract, imaginative way. They focus on ideas and concepts that cannot be directly observed.

You like to focus on:

- Observing patterns and connections
- Interpreting meaning
- Imagining potential
- Ideas and concepts
- Innovation and creativity
- Possibilities for the future

FEELING

Your Values Style

Ethical,
Compassionate, Sensitive,
Empathetic

Your values style is Feeling (in contrast with Thinking). This dimension describes your orientation to personal values.

Feelers value empathy, cooperation and compassion. They believe that everyone has a responsibility to take care of those around them.

You are concerned with:

- Acting out your ideals
- Engaging your emotions
- Considering the impact on people
- Seeking harmony and appreciation
- Serving others
- Making authentic decisions

JUDGING

Your Self-Management Style

Dedicated,
Conscientious, Loyal,
Steady

Your self-management style is Judging (in contrast with Perceiving). This dimension describes how you organize your life.

Judgers like structure and order. They keep organized and plan ahead, resist distractions, and stay focused on their goals.

KNOWING YOURSELF



| You are guided by a deeply considered set of personal values.

| You are intensely idealistic, and can clearly imagine a happier and more perfect future.

| You can become discouraged by the harsh realities of the present, but are typically motivated and persistent in taking positive action nonetheless.

| You feel an intrinsic drive to do what you can to make the world a better place.

| You want a meaningful life and deep connections with other people.

| You do not tend to share yourself freely but appreciate emotional intimacy with a select, committed few.

| Although your rich inner life can sometimes make you seem mysterious or private to others, you profoundly value authentic connections with people you trust.

| You have a unique ability to intuit other's emotions and motivations, and will often know how someone else is feeling before that person knows it himself.

| You trust your insight about others and have strong faith in your ability to read people.

| Although you are sensitive, you are also reserved; you are a private sort, and are selective about sharing intimate thoughts and feelings.



YOUR KEY MOTIVATORS

- INSPIRING POSITIVE CHANGE
- FOSTERING COOPERATION
- UNDERSTANDING OTHERS
- FINDING MEANING IN WORK AND RELATIONSHIPS

HOW YOU APPEAR TO OTHERS

You often appear quiet, caring and sensitive, and may be found listening attentively to someone else's ideas or concerns.

You are highly perceptive about people and want to help others achieve understanding.

You are not afraid of complex personal problems; in fact, you are quite complex yourself, and have a rich inner life that few are privy to.

You reflect at length on issues of ethics, and feel things deeply.

Because you initially appear so gentle and reserved, you may surprise others with your intensity when one of your values is threatened or called into question.

Your calm exterior belies the complexity of your inner world.



YOU COMMUNICATE BY

- EXPRESSING QUIET SUPPORT
- RECOGNIZING POTENTIALS AND POSSIBILITIES
- SEEKING AUTHENTIC CONNECTIONS
- PROCESSING IDEAS INTERNALLY



YOU CONNECT BY

- BEING OPEN AND AUTHENTIC
- SHARING EMOTIONS
- ENCOURAGING INNER GROWTH
- ORGANIZING TIME WITH LOVE ONES

Because you are such a complex person, you may be reluctant to engage with others who might not understand or appreciate you, and can thus be hard to get to know.

Although you want to get along with others and support them in their goals, you are fiercely loyal to your own system of values and will not follow others down a path that does not feel authentic to you.

When you sense that your values are not being respected, or when your intuition tells you that someone's intentions are not pure, you are likely to withdraw.



YOUR RELATIONSHIP STYLE

- You have a strong sense of integrity, and are closest with those who respect your values.
- You are supportive and encouraging, and love to help your friends and family by sharing your creative ideas for their personal development.
- Your creativity also helps you to avoid conflict with your problem-solving skills, helping you to maintain a harmonious environment.
- You desire deep emotional connections, and work hard to build intimacy and authenticity in your relationships.

YOUR COMMUNICATION STYLE

- You are reserved about communication, and although you are highly insightful, you often keep your most treasured ideas and beliefs to yourself.
- You are a careful, supportive listener and search for meaning in the information you take in.
- You think deeply and often need time to process and evaluate before you are ready to share your ideas.



FINDING YOUR CALLING



YOUR IDEAL WORK ROLES

- VISIONARY IDEALIST
- GENTLE TEACHER
- COMPASSIONATE HUMANITARIAN
- INDIVIDUAL ADVOCATE

HOW YOU WORK

At work, you are focused on the task of bettering the human condition.

You are a dedicated, helpful, and principled worker who can be relied on to envision, plan, and carry out complex projects for humanitarian causes.

Although you are typically driven by lofty ideals, you gain the most satisfaction from your work when you can turn your ideas into reality, creating constructive change for other people.

You are organized and prefer work that allows you to complete projects in an orderly manner.

You are often independent and tend to prefer a quiet environment that allows you the opportunity to fully develop your own thoughts and ideas.



YOUR IDEAL WORK ENVIRONMENT

- FOCUSED ON HUMANITARIAN VALUES
- FOSTERING LEARNING AND ADVANCEMENT
- SUPPORTIVE AND ENCOURAGING
- ORGANIZED AND EFFICIENT

FINDING YOUR CALLING



YOUR TEAMWORK STRENGTHS

You are a creative solver of people problems, and bring innovative ideas for fostering human potential.

You are usually perceptive in observing the talents of others, and good at encouraging teammates to contribute their skills.

You are mindful of group process, listening attentively to the opinions of others and synthesizing various priorities to create a unified vision.

- ACCOMMODATING THE NEEDS OF OTHERS
- FULFILLING COMMITMENTS
- DEVELOPING CREATIVE SOLUTIONS
- ORGANIZING PEOPLE AND IDEAS



YOUR LEADERSHIP STRENGTHS

- INSPIRING COOPERATION
- ENCOURAGING PERSONAL DEVELOPMENT
- VALUING DIVERSE PERSPECTIVES
- SHARING A GLOBAL VISION

YOUR LEADERSHIP STYLE

In leadership positions, you motivate others by sharing a positive vision.

You are often quiet and unassuming, but win others' dedication through your own hard work, strong principles, and inspiring ideas.

You are at your best when guiding a team to commit to a common vision, and when creating organizational goals to benefit people.

TOP CAREERS FOR YOUR INFJ TYPE

INFJs typically choose a career which is personally meaningful and allows them to live out their individual values. They are often found in helping professions, like counseling or education, where they can help others develop. Many INFJs have a flair for language or the arts, and seek out a career that allows them to have a creative outlet.

Keep in mind, there are many careers that may be appropriate for you which are not listed here. However, the careers listed here give a representative sample of the top trends for INFJs in their careers, and thus can give you an idea of where you might find satisfaction.



ARTS, LANGUAGE AND DESIGN

- Librarian
- Curator
- Translator
- Editor
- Graphic Designer
- Writer
- Animator
- Artist
- Musician
- Interior Designer
- Technical Writer



BUSINESS AND LEADERSHIP

- Organizational Psychologist
- HR Manager or Recruiter
- Corporate Trainer
- Environmental Attorney
- Legal Mediator



HEALTH CARE

- Physical Therapist
- Public Health Educator
- Family Physician
- Biomedical Engineer
- Occupational Therapist
- Psychiatrist
- Surgeon
- Pathologist
- Physician Assistant
- Health Care Administrator
- Massage Therapist
- Chiropractor
- Nutritionist
- Dental Hygienist
- Medical Researcher
- Speech Pathologist



SCIENCES

- Social Scientist
- Market Researcher
- Genealogist
- Food Scientist
- Environmental Scientist



EDUCATION AND SOCIAL SERVICE

- Elementary Teacher
- Special Education Teacher
- School Counselor
- Religious Educator
- Clergy
- Clinical Psychologist
- Counselor
- Social Worker

YOUR PERSONAL STRENGTHS

COMPASSION

You empathize with others and look for ways to use your talents to improve the lives of those around you.

INSIGHT

You easily understand people and their emotions, and find ways to connect them to your life and work.

AUTHENTICITY

You live a life with integrity, and strive to be open and honest.

DEDICATION

You are persistent and hard-working, and show your loyalty by keeping your commitments.

YOU AT YOUR BEST

At your best, you are focused and perceptive, dedicated to caring for others in an open and honest way.

You likely have a vision for how to bring out the best in people, but prefer to encourage others by setting an example, rather than issuing directives.

You respect people and their values, and enjoy using your talent for efficiency and organization to bring people together in compromise.

To perform at your best, look for opportunities to work directly with people, sharing your knowledge and experience.

You do well when you are able to indulge in your passion for understanding people to help you build trust and strengthen relationships.

Although you can be reserved, you enjoy collaboration, particularly with others who share your values.

UNLOCKING YOUR POTENTIAL



OPPORTUNITIES FOR EXCELLENCE

- Use your emotional sensitivity to maintain an atmosphere of cooperation. Be an advocate for others to make sure everyone's input is valued.
- Seek out opportunities to put your understanding of people to good use. Your natural insight will help you create effective solutions.
- Keep the lines of communication open. You are straightforward and honest, which inspires trust.
- Find ways to exhibit your loyalty to the people and causes that matter to you. Your work ethic and persistence will earn you a reputation as a team player.



POTENTIAL PITFALLS

- Become more comfortable with giving others constructive criticism. It is often the best way for people to learn and grow.
- Try to tailor your message to your audience. You like ideas and theories, but others need details and specifics in order to get behind your cause.
- Don't be afraid to manage people. You often shy away from giving people direction, but sometimes people need guidance in order to be productive.
- Make sure that your efforts are not taken for granted. You often prefer not to speak up for yourself, but you may become resentful if you are not given the recognition you deserve.