

~ REPORT FOR ~

**I S F P**

INTROVERTED • SENSING • FEELING • PERCEIVING



# YOU'RE AN **ISFP**

**ISFP** stands for **I**ntroverted, **S**ensing, **F**eeling, **P**erceiving.  
Each letter of your personality type describes a key aspect of who you are.



## **INTROVERSION**

Your Energy Style

Quiet,  
Modest, Calm,  
Gentle

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

## **SENSING**

Your Cognitive Style

Practical,  
Observant, Hands-On,  
Grounded

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

Sensors process information in a concrete, realistic way. They focus on observing and recalling facts and details.

You like to focus on:

- Observing sights, sounds, sensations
- Noticing details
- Experiencing the present moment
- Concrete, provable facts
- Realism and practicality
- Knowledge from past experience

## **FEELING**

Your Values Style

Attentive,  
Kind, Sensitive,  
Accepting

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

## **PERCEIVING**

Your Self-Management Style

Flexible,  
Spontaneous, Easygoing,  
Responsive

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

Perceivers like freedom and spontaneity. They have a carefree attitude towards life and would rather be flexible than structured.

You prefer to:

- Be free to do what interests you in the moment
- Make the rules up as you go
- Have the freedom to be flexible
- Brainstorm options
- Do things when inspiration strikes
- Go with the flow and enjoy surprises

# KNOWING YOURSELF

As an ISFP, you are responsive and accommodating.

Sensitive and adaptable, you step in to do what needs to be done and are satisfied by your personal sense of being helpful to others.

You are quiet and unassuming, and may be hard to get to know.

However, to those who know you well, you are warm and friendly, eager to share in life's many experiences.

You are modest and may underestimate yourself.

You usually do not like to be in the spotlight, preferring instead to take a supporting role, and avoiding planning and organizing whenever possible.

You look for ways to be accommodating and accept other people as they are.

You are tolerant and nonjudgmental, but deeply loyal to the people and causes that matter to you.

You stay true to your values without imposing them on others.



## YOUR KEY MOTIVATORS

- FOCUSING ON THE NEEDS OF OTHERS
- PROVIDING WARM AND GENTLE SUPPORT
- FINDING PRACTICAL SOLUTIONS
- ADAPTING TO CHANGE



## CORE VALUES

- SUPPORT
- SENSITIVE
- FLEXIBILITY
- LOYALTY

You have a strong aesthetic sense and seek out beauty in your surroundings.

You are attuned to sensory experience, and often have a natural talent for the arts.

You especially excel at manipulating objects, and may wield creative tools like paintbrushes and sculptor's knives with great mastery.

# DEALING WITH OTHERS



## YOU CONNECT BY

- BEING TOLERANT AND ACCEPTING
- LISTENING WITH AN OPEN MIND
- SENSING EMOTIONS
- SPENDING TIME WITH LOVED ONES

## HOW YOU APPEAR TO OTHERS

Others may find you difficult to understand because of your tendency to express yourself through action rather than words.

You may initially appear distant or aloof, but if watched closely, one can observe your caring in the thoughtful things you do for others.

You are carefully observant of the practical needs of other people, and often step in with quiet, unassuming assistance at just the moment it is needed.

You prefer to take a supportive role and are rarely assertive or demanding of attention.

You are typically tolerant and accepting of others.

You typically have a finely tuned artistic sensibility.

You are sensitive to color, texture, and tone, and often have an innate sense of what will be aesthetically pleasing.

You are likely to be a natural when it comes to arranging something artistically, and enjoy the process of taking in the sensations around you.

You focus mostly on the experiences of the present moment, and are rarely ambitious, preferring instead to enjoy the simple pleasures of life: friends, family, and sensory delights such as food, music, and art.



## YOU COMMUNICATE BY

- LISTENING PATIENTLY
- DEMONSTRATING EMPATHY
- FOSTERING COOPERATION
- APPRECIATING INDIVIDUALS



## YOUR RELATIONSHIP STYLE

- You are loyal, easygoing, and patient in relationships.
- You can be reserved, but build connections with your natural helpfulness and kindness.
- You instinctively sense the needs of those close to you, and show affection with thoughtful and practical gestures.
- You are spontaneous and playful, and enjoy spending time with others who enjoy living in the moment as you do.

## YOUR COMMUNICATION STYLE

- You are a gentle, accepting communicator who tends to follow the flow of conversation and look for opportunities to contribute with factual information or practical help.
- You are easygoing and supportive; you don't want to be in control or attract attention, and are often an attentive listener.
- Considerate and accepting, you look for common ground with others.



# FINDING YOUR CALLING



## YOUR IDEAL WORK ROLES

- PRACTICAL CARETAKER
  - GENTLE GUIDE
  - SKILLFUL OBSERVER
- INDEPENDENT ARTISAN

## HOW YOU WORK

You want to feel personally engaged with your work, and seek careers which allow you to express yourself or participate in a cause you believe in.

You enjoy hands-on activities, and often gain satisfaction when you can create a tangible result from your efforts.

Your ideal job allows you to clearly observe the fruits of your labor, in a context that feels significant and consistent with your values.

You appreciate a courteous, cooperative work environment where you can work quietly, with support when you need it.

Because you are so tuned to your physical surroundings, it may be particularly important to you that your work environment is aesthetically pleasing.

You generally prefer to keep a low profile and do not usually like to be in positions that require you to speak publicly or lead large groups.

Although you often prefer to work independently, when you do work with others, you want your colleagues to be flexible, supportive, and loyal to the team.



## YOUR IDEAL WORK ENVIRONMENT

- FOCUSED ON TANGIBLE OUTCOMES
- FLEXIBLE AND UNSTRUCTURED
- COOPERATIVE AND RESPECTFUL
- PLEASANT AND COMFORTABLE

# FINDING YOUR CALLING



## YOUR TEAMWORK STRENGTHS

- CONSIDERING THE NEEDS OF OTHERS
- SHARING POSITIVE FEEDBACK
  - ABSORBING PRACTICAL DETAILS
- EXPRESSING TOLERANCE AND ACCEPTANCE

## YOUR TEAMWORK STYLE

You are a sensitive, helpful team member who looks for opportunities to contribute in an immediate, practical way.

You want to assist other people and provide support, and often take on the role of listener.

Oriented to cooperation, you will look for ways to compromise and accommodate others.

You tend to step in when others need help and are often prepared with specific, relevant data that can help the team understand the facts of the situation.



## YOUR LEADERSHIP STRENGTHS

- FOSTERING TEAMWORK
- BUILDING RELATIONSHIPS
- ADAPTING TO CHANGE
- PRAISING INDIVIDUAL ACCOMPLISHMENTS

## YOUR LEADERSHIP STYLE

In leadership positions, you are driven by a personal mission and are interested in helping your teams cooperate to accomplish realistic goals.

Your strengths lie in understanding the needs and concerns of the people you work with and adapting gracefully to changing circumstances.

You generally lead by example, preferring to be quietly supportive rather than authoritarian or domineering.

## TOP CAREERS FOR YOUR ISFP TYPE

ISFPs typically choose a career which allows them to use practical skills to assist others or create something concrete. Many ISFPs have a strong altruistic drive and choose careers that allow them to help people in practical ways, such as health care or education. Others are drawn to hands-on careers, especially those that allow them to use their creativity to craft something tangible.

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 ISFPs in their careers, and thus can give you an idea of where you might find satisfaction.



### HEALTH CARE

- Nurse
- Occupational Therapist
- Veterinary Assistant
- Dental Hygienist
- Physical Therapist
- Optician
- ER Physician
- Physician's Assistant
- Dietitian
- Pharmacist



### SCIENCE AND NATURE

- Botanist
- Geologist
- Gardener
- Forester



### BUSINESS AND ADMINISTRATION

- Retail Manager
- Bookkeeper
- Office Manager
- Paralegal
- Insurance Appraiser
- Air Traffic Controller



### EDUCATION AND SOCIAL SERVICE

- Elementary Teacher
- Social Worker
- Translator
- Special Education Teacher
- Residential Counselor



### MECHANIC AND CONSTRUCTION

- Mechanic
- Surveyor
- Carpenter
- Airline Pilot



### ARTS, CRAFTS AND DESIGN

- Fashion Designer
- Interior Designer
- Cosmetologist
- Artist
- Landscape Architect
- Jeweler
- Chef
- Tailor
- Graphic Designer
- Florist



### PERSONAL SERVICE

- Fitness Trainer
- Animal Trainer
- Recreation Worker
- Massage Therapist



### PROTECTIVE SERVICES

- Police Officer
- Firefighter

## YOUR PERSONAL STRENGTHS

### SPONTANEITY

You enjoy each moment, and are adept at seizing opportunity as it comes.

### DEVOTION

You are loyal to the people and the causes that are dear to you, and always give them priority.

### MODESTY

You use your many gifts behind the scenes, and care little for being in the spotlight or taking control.

### SUPPORTIVENESS

You quickly praise others for their efforts and are always ready to help when asked.

## YOU AT YOUR BEST

At your best, you are quietly supportive, helping others when they need it, with a minimum of fuss.

You prefer to stay in the background, where you can provide support without receiving too much attention.

You are calm and flexible, taking things as they come and recognizing when an immediate and practical response is needed.

You simply want to help others to feel comfortable, without imposing on their values or self-respect.

To perform at your best, look for opportunities that allow you to provide personal and direct support to people.

You feel most fulfilled when you are able to use your resourcefulness and ability to think quickly to identify problems and improvise a solution.

You also enjoy maintaining a sense of fun and playfulness in your life, and want to be around others who can stop and appreciate the moment.



## OPPORTUNITIES FOR EXCELLENCE

Be open to change and new developments. You have a talent for adaptation and can distinguish yourself by being the first to find your footing amidst chaos.

Look for opportunities to show your sensitivity and dedication to others. You are happy to give your time and effort to the people who have earned your trust.

Find ways to help others while respecting their boundaries. Your thoughtfulness and consideration will be greatly appreciated.

Choose roles that allow you to work directly with people. You find satisfaction by providing hands-on support to people.



## POTENTIAL PITFALLS

Try to avoid becoming distracted and losing sight of which tasks take priority. You have difficulty staying on track when you feel other people have an immediate need for you, but these things often can wait until you've fulfilled your commitments.

Recognize the importance of constructive feedback. Sometimes being honest about a person's shortcomings is the best way to help them develop.

Work harder to resolve conflicts as they arise, rather than avoiding them. Working through a problem sooner rather than later, will be less stressful for you.

Don't undervalue the contributions you make in the background. You may not be the center of attention, but you play an important role and deserve credit for your hard work.