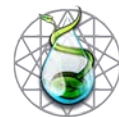


Myers Briggs Personality Type Interpretation

ESFP

The Performer

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The following interpretation is based on the results of the MBTI Personality test you participated in. The test was first published in 1943 and has been used by many institutions and therapists the world over. The purpose for using this test in my coaching is to help both of us to get an objective snapshot your personality and which strengths to play to as well as what areas need some strength training.

Please take time to carefully read through each point and remember that the purpose of participating in this test is to bring to light what personality traits shape your approach to navigating life. Bear in mind the results are not about if you are doing things right or wrong, it is to shed light upon the personality traits that have either helped or inhibited you in achieving your goals.

Though the MBTI is considered by most to be very accurate you may read through the interpretation and perceive characteristics you may not see in yourself. With the traits you do not resonate with it may be that they are not present or not fully expressed either way it is fine.

The characteristics that you can easily identify should be seen as a snapshot of your personality. The results of the test are to be used as a stepping off point. I can't stress enough that the results are not hard and fast nor are they a place to become stuck. As you evolve you will find traits that were once considered weaknesses have, through your effort, morphed into strengths.

After reading the interpretation please take time to fill in the boxes provided on the interpretation page with as many strengths and weaknesses that you feel are accurately identified by the test. When you have done this we will discuss your feelings about your observations.

*****A more in depth and comprehensive interpretation based on your results is available upon request. You may find it helpful to have the results more intensely defined in a one on one session.**

The Performer

Jungian functional preference ordering:

Dominant: Extraverted Sensing
Auxiliary: Introverted Feeling Tertiary:
Extraverted Thinking Inferior: Introverted Intuition

ESFP's generally have the following traits:

- Live in the present moment
- Are stimulated and excited by new experiences
- Practical and realistic
- Warmly interested in people
- Know how to have a good time, and how to make things fun for others
- Independent and resourceful
- Spontaneous - seldom plan ahead
- Hate structure and routine
- Dislike theory and long written explanations
- Feel special bond with children and animals
- Strongly developed aesthetic appreciation for things
- Great people skills

ESFP Strengths

Enthusiastic and fun-loving, they make everything enjoyable
Clever, witty, direct, and popular, people are drawn towards them
Earthy and sensual
Down to earth and practical, able to take care of daily needs
Artistic and creative, they're likely to have attractive homes
Flexible and diverse, they "go with the flow" extremely well
They can leave bad relationships, although it's not easy
Try to make the most of every moment
Generous and warm-hearted

ESFP Weaknesses

- May be frivolous and risky with money
- Tend to be materialistic
- Extreme dislike of criticism, likely to take things extremely personally
- Likely to ignore or escape conflict situations rather than face them
- Lifelong commitments may be a struggle for them - they take things one day at a time
- Don't pay enough attention to their own needs
- Tendency to neglect their health, or even abuse their bodies
- Always excited by something new, they may change partners frequently

[illegible]

