Contents

Introduction 1

“Who Am I?” 2
  Definitions 2
  Verifying Your MBTI® Type 3
  Career Exploration Activity 1:
    My Preferences at Work 4
  Career Exploration Activity 2:
    My True Type 5

“What Do I Want to Do?” 6
  Determining the Fit by MBTI® Preferences 6
  Career Exploration Activity 3:
    Assessing Jobs by MBTI® Preferences 7

“How Can I Increase My Job Satisfaction?” 8
  Altering Your Job 9
  Adapting to Your Job 9
  Plowing Ahead 10

“How Do I Get There from Here?” 11
  Career Exploration Activities 11
  Career Development Processes 12
  ISTJs 14  INFJs 22
  ISTPs 15  INFPs 23
  ESTPs 16  ENFPs 24
  ESTJs 17  ENFJs 25
  ISFJs 18  INTJs 26
  ISFPs 19  INTPs 27
  ESFPs 20  ENTPs 28
  ESFJs 21  ENTJs 29

Resources 30
Choosing a job or changing a career can be a major life transition—one that requires careful thought, planning, and work. If you are exploring new career options, you will need to ask yourself two questions:

What do I want to do?

How do I get there from here?

The first question deals with the goal of your career search, the second one with the process of finding a job or career—how to actually go about reaching your goal.

The two are interrelated—you could have a new career clearly in mind but not know how to reach your goal, or you could talk to all the right people and do all of the appropriate career-exploration tasks without any clear sense of direction.

The purpose of this guide is to suggest how your results from the Myers-Briggs Type Indicator® (MBTI®) can help you to

- Choose a new job or career
- Change your job or career
- Increase your satisfaction with your present career

This guide can help you formulate answers to the questions “What do I want to do?” and “How do I get there from here?” by showing you how to use your MBTI results to develop your career goals and to establish a process to reach those goals. It should be clear from the MBTI interpretation that you received, or from your own reading about the Indicator, that the MBTI instrument is designed to identify your particular strengths—your unique gifts. We will try to suggest some ways that you can best use your gifts during your career exploration. The information contained in this guide is based on extensive research about careers and the MBTI and also on extensive experience using it to help people in their career search.
### Introverted Intuition with Feeling

#### Most Attractive Occupations
- Religiously Oriented Occupations
  - Counselor, Psychologist, or Social Worker
  - Psychiatrist
  - Teacher
  - Consultant: Education
  - Medicine
  - Architect
  - Fine Artist
  - Research Assistant
  - Marketing Professional

#### Career Trends
INFJs gravitate toward occupations concerned with human emotional, intellectual, or spiritual development. Nine of the top 20 are religiously oriented; seven are related to counseling. Teaching positions are attractive, as are occupations related to the arts, where the INFJ's imagination can be exercised.

#### Potential Strengths
- Imagination
- Sense of purpose
- Creativity
- Ability to get things organized
- Can develop human resources

### Career Exploration Process

<table>
<thead>
<tr>
<th>Process</th>
<th>Preferred Method for Your Type</th>
<th>Potential Obstacles</th>
<th>Tips</th>
</tr>
</thead>
<tbody>
<tr>
<td>Setting Goals</td>
<td>Have multiple long-term, idealistic goals</td>
<td>May have trouble utilizing unexpected opportunities</td>
<td>Establish goals specific enough to enable a choice among alternatives</td>
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<tr>
<td></td>
<td>Will have action plan to reach goals</td>
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<td>Plan time to brainstorm about entirely new jobs</td>
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<tr>
<td>Gathering Information</td>
<td>Search for opportunities for growth and learning</td>
<td>May overlook important facts about the job</td>
<td>Establish priorities and prepare a “short list” of the most interesting possibilities</td>
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<td></td>
<td>Read about career opportunities or future trends</td>
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<td>Search for facts about jobs in a career library</td>
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<tr>
<td>Making Contact</td>
<td>Contact only carefully selected experts or don’t network</td>
<td>May miss opportunities because of reluctance to network</td>
<td>Start with close friends and then gradually widen the network</td>
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<td></td>
<td>Come across as a team player</td>
<td>May appear too quiet in interview; hesitate to “sell” strong points</td>
<td>Role-play interviews; speak up and “sell” your strong points</td>
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<td></td>
<td>Emphasize your potential and your ability to learn quickly</td>
<td>In interviews, may focus too much on potential or possible performance</td>
<td>In interviews, emphasize what contributions you can make to the organization now</td>
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<td>May not appear task-oriented to Thinking interviewers</td>
<td>Convey how your people skills can help the “bottom line”</td>
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<td>Making Decisions</td>
<td>Use a subjective, person-centered approach, considering what is most valued by you or others</td>
<td>May not consider logical consequences of each alternative</td>
<td>Don’t overwhelm Sensing interviewers with too many possibilities</td>
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<td>May be overly influenced by what others want</td>
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<tr>
<td></td>
<td></td>
<td>May make hasty decisions</td>
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