









# MBTI Quick Cheat Sheet Infographic

Do you know your Myers-Briggs Type Indicator? Use this cheat sheet to find out your profile.

How to use this cheat sheet:

1. There are four rows to complete. Starting with row 'A1', 'Extroversion Vs Introversion, tick all boxes in both columns that describe you.
2. Now do the same with the other three rows; A2, A3, and A4.
3. Starting with row A1, which column has the most ticks?
4. Look above the column and write the letter underlined in the appropriate box in Section B. For example, when you completed row A2, if you had more ticks in the 'Sensing' part write 'S' in the box in section B. If you had more ticks in the 'Intuition column, write 'I' in the box in Section B.

## Section A

<p><b>A1.</b>                    <b>Extroversion</b> Energised by Outer World</p>  <ul style="list-style-type: none"> <li><input type="checkbox"/> External Focus</li> <li><input type="checkbox"/> Social</li> <li><input type="checkbox"/> People Person</li> <li><input type="checkbox"/> Expressive</li> <li><input type="checkbox"/> Blurt it Out</li> <li><input type="checkbox"/> Speak as Think</li> </ul>	<p><b>Introversion</b> Energised by Inner World</p>  <ul style="list-style-type: none"> <li><input type="checkbox"/> Internal Focus</li> <li><input type="checkbox"/> Reserved</li> <li><input type="checkbox"/> Private Person</li> <li><input type="checkbox"/> Quiet</li> <li><input type="checkbox"/> Keep it In</li> <li><input type="checkbox"/> Think then Speak</li> </ul>
<p><b>A2.</b>                    <b>Sensing</b> Work with Known Facts</p>  <ul style="list-style-type: none"> <li><input type="checkbox"/> Use 5 Senses</li> <li><input type="checkbox"/> What is Real</li> <li><input type="checkbox"/> Details</li> <li><input type="checkbox"/> Present</li> <li><input type="checkbox"/> Practical</li> <li><input type="checkbox"/> Facts</li> <li><input type="checkbox"/> Sequential</li> </ul>	<p><b>INtuition</b> Look for Possibilities/Relationships</p>  <ul style="list-style-type: none"> <li><input type="checkbox"/> Use Intuition</li> <li><input type="checkbox"/> What Could Be</li> <li><input type="checkbox"/> Patterns</li> <li><input type="checkbox"/> Future</li> <li><input type="checkbox"/> Imaginative</li> <li><input type="checkbox"/> Possibilities</li> <li><input type="checkbox"/> Random</li> </ul>
<p><b>A3.</b>                    <b>Thinking</b> Decisions Based on Logic/Analysis</p>  <ul style="list-style-type: none"> <li><input type="checkbox"/> Use Head</li> <li><input type="checkbox"/> Logical</li> <li><input type="checkbox"/> Objective</li> <li><input type="checkbox"/> Justice</li> <li><input type="checkbox"/> Firm &amp; Fair</li> <li><input type="checkbox"/> Impersonal</li> <li><input type="checkbox"/> Analyse</li> <li><input type="checkbox"/> Principles</li> </ul>	<p><b>Feeling</b> Decisions Based on Personal Values</p>  <ul style="list-style-type: none"> <li><input type="checkbox"/> Use Heart</li> <li><input type="checkbox"/> Values</li> <li><input type="checkbox"/> Subjective</li> <li><input type="checkbox"/> Mercy</li> <li><input type="checkbox"/> Compassionate</li> <li><input type="checkbox"/> Personal</li> <li><input type="checkbox"/> Empathise</li> <li><input type="checkbox"/> Values</li> </ul>
<p><b>A4.</b>                    <b>Judgement</b> Planned, Decided &amp; Orderly</p>  <ul style="list-style-type: none"> <li><input type="checkbox"/> Judging</li> <li><input type="checkbox"/> Organised</li> <li><input type="checkbox"/> Structure</li> <li><input type="checkbox"/> Control</li> <li><input type="checkbox"/> Decisive</li> <li><input type="checkbox"/> Deliberate</li> <li><input type="checkbox"/> Plan</li> <li><input type="checkbox"/> Deadlines</li> </ul>	<p><b>Perception</b> Flexible &amp; Spontaneous</p>  <ul style="list-style-type: none"> <li><input type="checkbox"/> Perceiving</li> <li><input type="checkbox"/> Flexible</li> <li><input type="checkbox"/> Flow</li> <li><input type="checkbox"/> Adapt</li> <li><input type="checkbox"/> Curious</li> <li><input type="checkbox"/> Spontaneous</li> <li><input type="checkbox"/> Wait &amp; Gather Information</li> <li><input type="checkbox"/> Discoveries</li> </ul>

## Section B

If you have completed Section A, please complete section B. Write your 4 letters in the boxes below. One letter per box:

Write the letter from row A1 in this box. It is either the letter 'E' or 'N'.

Write the letter from row A2 in this box. It is either the letter 'S' or 'I'.

Write the letter from row A3 in this box. It is either the letter 'T' or 'F'.

Write the letter from row A4 in this box. It is either the letter 'J' or 'P'.

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You now have your 4 letters that are an indication of your MBTI personality profile. Now read our Ultimate Guide...

Read our Ultimate Guide to Myers-Briggs to find out more about your profile:  
<https://www.makingbusinessmatter.co.uk/myers-briggs-ultimate-guide/>



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