

Choose **1)** if you are more focussed/energized internally, and **2)** if more focussed/energized externally (*bearing in mind you will be both, but not equally so*)

1) Physical Introverted (*more reflective*) – The Preserver

Key characteristics common for your style:

- You absorb information and collect experiences so you can work out how to achieve goals
- You favor tradition
- You review the present against the past
- You focus on maintaining history and customs
- You prefer acting based on past learning

Your decisions are usually based on past experience.

The question you typically ask “What would our ancestors do?”

You try to avoid feeling..... **ANXIOUS**

Overall you review the past to understand the present.



2) Physical Extraverted (*more responsive*) – The Adventurer

Key characteristics common for your style:

- You objectively collect data through the five senses
- You often like injecting urgency
- You favor the experience that provide the most stimulation
- You focus on the current details and tangible results
- You prefer acting spontaneously (action oriented)

Your decisions are usually based on what exists and who is present

The question you typically ask “Can I spot it?”

You try to avoid feeling..... **CONFINED**

Overall you have the ability to discriminate between objects as I experience them.



*** Figures from MBTI Australian Data Archive Project**