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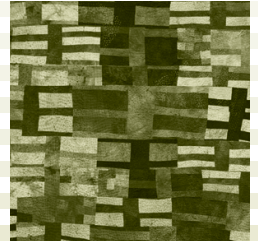
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Cover Art: *Forest and the Trees* © Pat Sims, 1996

Printed in the United States of America.  
25 24 23 22 21 20  
10 9 8 7 6 5 4 3 2 1

# Introduction



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 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®) assessment can help you

- 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 assessment, that the MBTI assessment 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 assessment and also on extensive experience using it to help people in their career search.

## Introverted Intuition with Feeling

### Most Popular Occupations

Floral designer or florist  
 Poet, lyricist, and creative writer  
 Counseling psychologist  
 English language and literature teacher, postsecondary  
 Craft artist  
 Copy writer  
 Dancer or choreographer  
 Library science teacher, postsecondary  
 Art, drama, and music teacher, postsecondary  
 Curator

### Career Trends

The occupations that are most popular with INFJs are found in three major areas: the arts, education, and the helping professions. Artistic and design-related careers allow INFJs to use their usually well-developed preference for Intuition to see the world in new ways. Occupations in education and the helping professions provide INFJs with opportunities to see and support the achievement of possibilities for others.

### Potential Strengths

Imagination  
 Sense of purpose  
 Creativity  
 Ability to get things organized  
 Can develop human resources

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