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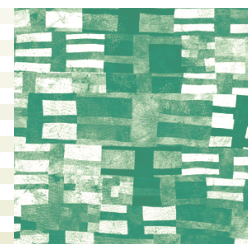
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# Introduction



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?



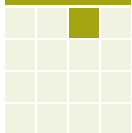
The first question deals with the goal of your career search, the second one with the process of finding a job or career—how to actually go about reaching your goal.

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