

Areas To Consider For Development In Becoming More Effective:

- Being more realistic about what you can and cannot achieve.
- Changing the world one small step at a time.
- Developing your active listening and resist the urge to interrupt others.
- Using logic and hard data in your decision making process.
- Being ok with saying no - you can't please everyone.
- Taking care of the day-to-day things - bills, exercise etc
- Focussing your thoughts and delivering on deadlines.
- Developing an appreciation for established structures and ways of doing things.
- Being aware that some people need more detail before acting on your visionary ideas.

Which of the above would you like to focus on first?
How will you know when you have developed in this area?
Who do you know that does this well?
Start small - what activities could you do to promote development in your chosen area?

Before You Consider Any Personal Development You May Like To Consider The Following:

Which parts of the ESFP personality description are particularly true for you?

- What are your strengths as an ESFP?
- Which parts of the INTJ personality description do you find particularly unlike you?
- Have you sought any feedback from others?
- How important it is for you to develop some of the areas suggested?
- What specifically is your goal?
- What support do you need for this development?
- What challenges might you face on your development journey?



E

Function Order

Dominant Function
Extraverted Sensing

S

Auxiliary Function
Introverted Feeling

F

Tertiary Function
Thinking

P

Inferior Function
Introverted Intuition