

Areas To Consider For Development In Becoming More Effective:

- Being more practical and realistic in what you can and can't change.
- Taking care of the day to day essentials - paying more attention to the detail.
- Using hard facts in your decision making process, not just gut hunches.
- Exploring ways of sharing your thoughts verbally with others.
- Recognising that planning can be useful.
- Accepting other's points of views when they are not in line with your values.
- Recognising that not everyone has your drive for perfection - high standards will suffice.
- Learning to change the world one small step at a time.
- Being more open to other people's suggestions.

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 INFP personality description are particularly true for you?

- What are your strengths as an INFP?
- Which parts of the ESTJ 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?



Function Order

I

Dominant Function
Introverted Feeling

N

Auxiliary Function
Extraverted Intuition

F

Tertiary Function
Sensing

P

Inferior Function
Extraverted Thinking

