

PERSONALITY PROFILES: Work & Self-Care Summary

Personality types are **descriptive, not prescriptive**. They indicate tendencies, but no two people in any category are the same. Their unique childhoods, environments, and life situations influence behaviors. There are no absolutes. Learning these tendencies helps us to understand ourselves and others.

<p>ANALYSTS</p> <p>INTJ INTP ENTJ ENTP</p> <p>NT</p>	<p>Work Style: Strategic, logical, and independent thinkers.</p> <p>Stress Triggers: Lack of control, inefficient systems, unclear goals.</p> <p>Self-Care Practices:</p> <ul style="list-style-type: none">• Mental Stimulation: Engage in challenging puzzles, strategic games, or reading thought-provoking material.• Time Alone: Schedule regular alone time to recharge.• Mindful Planning: Practice daily planning to maintain a sense of control.
<p>DIPLOMATS</p> <p>INFJ INFP ENFJ ENFP</p> <p>NF</p>	<p>Work Style: Empathetic, creative, and idealistic.</p> <p>Stress Triggers: Conflict, lack of harmony, and unmet ideals.</p> <p>Self-Care Practices:</p> <ul style="list-style-type: none">• Creative Outlets: Engage in art, writing, or other creative activities to express emotions.• Social Connections: Spend time with trusted friends to feel understood and supported.• Mindfulness Practices: Meditation or journaling to process emotions and align with personal values.
<p>SENTINALS</p> <p>ISTJ ISFJ ESTJ ESFJ</p> <p>S~J</p>	<p>Work Style: Practical, organized, and reliable.</p> <p>Stress Triggers: Disorganization, unpredictability, and lack of structure.</p> <p>Self-Care Practices:</p> <ul style="list-style-type: none">• Routine: Maintain a consistent daily routine to create stability.• Physical Care: Engage in regular exercise, like walking or yoga, to reduce stress.• Home Organization: Declutter and organize your living space to enhance your sense of control.
<p>EXPLORERS</p> <p>ISTP ISFP ESTP ESFP</p> <p>S~P</p>	<p>Work Style: Flexible, spontaneous, and practical problem-solvers.</p> <p>Stress Triggers: Rigid schedules, boredom, and being confined.</p> <p>Self-Care Practices:</p> <ul style="list-style-type: none">• Adventure: Engage in outdoor activities like hiking or travel to satisfy the need for exploration.• Physical Activity: Regularly participate in sports or physical challenges.• Creative Projects: Work on hands-on creative projects or hobbies.
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SELF-CARE AT WORK

- **Happy workspace** – create a space that works for you. Minimalist or filled with things you love.
- **Movement** – set a timer to get up and move every hour.
- **Hydration** – hydration is good for your body and mind.
- **Set boundaries** – time block your schedule and set specific times for tasks; set boundaries; know when to say “no”; have a plan to deal with distractions.
- **Manage stress** – self soothing exercises; deep breaths; step away and refocus.
- **Routines, rituals and rhythms for work** – find routine that boost your productivity and protect your well-being.

MORNING ROUTINES

Introvert: *Introverts recharge their batteries through alone time, so should keep their mornings light on social interaction.*

Key Traits: Reflective, prefer solitude, recharge through alone time.

Routine/Ritual:

1. **Quiet Start:** Begin your day with a few minutes of quiet reflection or meditation. This helps center your thoughts and prepares you mentally for the day ahead.
2. **Mindful Planning:** Spend 10-15 minutes organizing your tasks. Use a planner or digital tool to outline your top priorities. This solo activity helps you focus and set intentions without external distractions.
3. **Enjoy Solitary Activities:** Engage in a calming activity such as reading, journaling, or sipping coffee in silence. This allows you to wake up at your own pace and gather energy.
4. **Tackle High-Focus Tasks Early:** Use your morning energy to work on tasks that require deep concentration. You’re likely to be most productive when working alone in a quiet environment.
5. **Minimize Distractions:** Keep your environment calm and free from interruptions. Consider noise-cancelling headphones or soft background music if it helps you concentrate.

Extrovert: *For extroverts, meaningful social connection energizes them.*

Key Traits: Outgoing, energized by social interaction, thrive on external stimulation.

Routine/Ritual:

1. **Energizing Start:** Kick off your morning with an upbeat activity like listening to energetic music, a motivational podcast, or engaging in light exercise. This helps boost your mood and energy levels.
2. **Connect with Others:** Start the day by connecting with a colleague or friend, either through a quick call, message, or a short morning meeting. This social interaction can energize you for the tasks ahead.
3. **Interactive Planning:** If possible, plan your day by discussing goals or tasks with a team member. Collaboration in the morning can help you feel more connected and motivated.
4. **Work in a Stimulating Environment:** Consider working in an open space or an environment where there’s some background activity. The buzz of others can help keep you motivated and focused.
5. **Break Tasks with Social Breaks:** Schedule short breaks to chat with coworkers, join a quick online discussion, or check in on social media. These social interactions can help you stay energized throughout the morning.

Ambivert

Key Traits: Balance between introverted/extroverted tendencies, adaptable to both solitude and social interaction.

Routine/Ritual:

1. **Balanced Start:** Start your day with a mix of both quiet reflection and energizing activities. For example, begin with 5 minutes of mindfulness followed by a short, brisk walk or an energizing playlist.
2. **Flexible Planning:** Spend some time planning your day. You might find it helpful to do this alone initially, and then share your plan with a colleague or team to get feedback or discuss collaborative tasks.
3. **Moderate Social Interaction:** Engage in a short conversation with a coworker or friend, but balance it with some alone time to process your thoughts. This helps you feel connected without becoming overwhelmed.
4. **Tackle Tasks in Waves:** Alternate between solo work and collaborative tasks. Start with focused work, then switch to a task that involves teamwork or social interaction, and repeat as needed.
5. **Adjust Environment Based on Mood:** Ambiverts can work well in both quiet and active environments. Adjust your workspace depending on how you feel each morning—opt for a quieter space if you need focus or a more dynamic environment if you crave stimulation.
