

Energy focus

Extraversion (**E**)

VS
Introversion (**I**)



Information processing

Sensing (**S**)

VS Intuition (**N**)



Decision making

Thinking (**T**)
VS

Feeling (**F**)

Myers-Briggs Type Indicator (MBTI)

A personality tool that places people into 16 types based on four preference pairs



Lifestyle approach

Judging (**J**)

VS

Perceiving (P)

Source: Simply Psychology

The **Star**graphics