



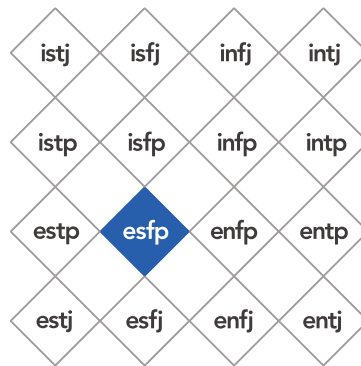
esfp

- REALISTIC
- PRACTICAL
- OBSERVANT
- SUPPORTIVE
- GENEROUS
- SYMPATHETIC
- WARM
- TACTFUL
- CONGENIAL
- ACTIVE
- GREGARIOUS
- EXUBERANT
- FUN LOVING
- PLAYFUL
- FLEXIBLE
- ADAPTABLE
- SPONTANEOUS
- OPTIMISTIC
- EASYGOING
- RESOURCEFUL

MYERS-BRIGGS TYPE INDICATOR®

TYPE DESCRIPTION

Adam Stamm



Extraversion | Sensing | Feeling | Perceiving

ESFPs are exuberant lovers of life. They live in the moment and find enjoyment in people, food, clothes, animals, the natural world, and activities. They bring common sense and a practical approach to whatever they encounter. They enjoy their material possessions and take the time to acquire and care for them. They also enjoy physical exercise and sports, and usually are good at them.

They value home, family, health, and friendships.



+1 800 624 1765 | www.themyersbriggs.com

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The logo for the ESFP personality type consists of the lowercase letters "esfp" in white, centered within a blue diamond shape.

Characteristics of ESFPs

- ESFPs are exuberant lovers of life, people, and material comforts.
- They enjoy working with others to make things happen.
- They are flexible and spontaneous and adapt readily to new people and environments.
- They are very attuned to their immediate sensory experience.
- They make decisions based on their values.

ESFPs with Others

- ESFPs are tactful, sympathetic, and interested in people.
- They seem to sense what is happening with other people and respond quickly to their practical needs.
- They are fun to be with; their exuberance and enthusiasm draw others to them.
- ESFPs are good at identifying and empathizing with others, and they focus on meeting people's needs in creative ways.
- They are unprejudiced, open minded, and tolerant of most everyone.
- In families, they often play the role of peacemaker.
- Many ESFPs feel a special affinity for children and animals.

esfp

ESFPs at Work

- ESFPs' common sense and realistic approach make work fun.
- They can be very good at easing a tense situation and pulling conflicting factions together.
- They are excellent team players.
- ESFPs want to get the task done with a maximum of fun and a minimum of fuss.
- They are especially good at mobilizing people to deal with crises.
- ESFPs do best in careers requiring a practical and realistic approach to problems, action, and adaptability. Examples are health services, sales, design, transportation, entertainment, secretarial or office work, food service, work group supervision, machine operation, and many kinds of troubleshooting.
- They will not be happy in work environments with a lot of structure and routine and will generally find ways to get around the rigidity.

Potential Blind Spots for ESFPs

- If ESFPs have not developed their Sensing preference, they may not take in enough facts and then rush into action prematurely.
- If they have not developed their Feeling preference, ESFPs may get caught up in the interactions of the moment, with no mechanism for weighing or evaluating the best course of action.
- If they have not developed their Feeling preference, they will have no way to provide standards for their behavior, or direction and purpose in their life.
- Also, they may focus solely on the sensory data available in the moment. Then their decisions may be limited to gratification of their sensual desires, particularly those involving interactions with other people.
- ESFPs may lack stick-to-itiveness; if so, they are in danger of overindulging their love of a good time.
- Traditional schools can be difficult for ESFPs; however, they do well when they see the relevance of what they are studying and are allowed to interact with people or the topics being studied.