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| **WHAT IS YOUR PRIMARY SPIRIT ANIMAL?**  Circle *ONE* **BOLDED** letter for each section below. Ask yourself “Which statement BEST describes ME?” | | | | | | |
| Extroversion = **(E)** |  | | Introversion = **(I)** | | | |
| I would rather hang out with my friends. | ***OR*** | | I would rather hang out at home with a book | | | |
| Sensing = **(S)** |  | | Intuition = **(N)** | | | |
| When taking in something new, I take it simply, at face value, as it is. I don’t often question it. | ***OR*** | | When taking in something new I use my gut instinct to interpret or figure out what it really is. | | | |
| Thinking **(T)** |  | | Feeling **(F)** | | | |
| When making up my mind about something, I mostly rely on logic and structure to help my decision | ***OR*** | | When making up my mind about something, I often use emotion and empathy to help my decision | | | |
| Judging **(J)** |  | | Perceiving **(P)** | | | |
| I prefer that things in my life to be decided and set. | ***OR*** | | I like to stay open to whatever options come along | | | |
| WRITE YOUR FOUR LETTERS FROM ABOVE IN BOXES HERE:  Now, using that letter combination, read below to see a description of your spirit animal and YOU! | | *(I or E) ?* | | *(S or N) ?* | *(T or F) ?* | *(J or P) ?* |

**1. INTP: Owl…** INTPs are analytical and thoughtful individuals who prefer to work alone and who are often ill at ease in social situations. They are impatient with hierarchies and politics and would prefer that leaders prove their worth with merit, rather than with charisma and influence. Although they are not particularly social, they do have razor sharp wit (and claws), and are often surprised to learn that people do enjoy their company.

**2. ESTP: Fox …** Dramatic, charismatic, and influential — ESTPs seek the best in life and want to share it with their friends. They are active, spontaneous, fun, and foxy. They are the most adept of any of the personality types at influencing and manipulating people, and they make great salesman and can be wonderful friends if you’re looking for a good time.

**3. ISFP: Sloth…** Peaceful and easygoing, ISFPs take things at their own pace and live moment to moment. They are considerate, pleasant, caring, and mellow. Their values are important to them, but they are not ones who particularly care about defending or debating their views publicly. Don’t call them lazy — maybe they are just more relaxed than the rest of us.

**4. ENTJ: Lion…**Independent and logical thinkers who are also persuasive leaders, ENTJs are business-minded and ambitious. They refuse to allow any subjective emotion to enter into their decision-making process, and as a result they can be seen as callous and cold. But these fierce individuals tend to be highly effective, successful, and incredibly powerful. They are truly the kings of the proverbial jungle.

**5. ISFJ: Deer…**ISFJs are quiet, observant, and thoughtful. They are interested in maintaining order and harmony, avoiding fast-moving cars, and respecting everyone’s feelings. They are often described by the few people who know them deeply as being incredibly sensitive and trustworthy.

**6. INTJ: Octopus…**INTJs are independent types, wildly intelligent and creative — but rather un-interested in what anyone else is doing. They are often considered the most independent of all the personality types, and they work best when given freedom. They are acutely aware of their own intelligence, as well as what they *don’t* know, and their passion often lies in conceptualizing ideas and processing complex theories.

**7. ISTP: Cat…**ISTPs are an study in contrasts: they are naturally quiet and analytic, often drawn to the field of engineering or trying to figure out how boxes work. But they are also explorers who can easily become bored with a single routine. ISTPs are often secret daredevils drawn to racing, or jumping off of high countertops. They are “live and let live” types who are not particularly concerned with rules or regulations and would prefer that others not concern themselves with their behavior either. Some have even remarked that “don’t tread on me” is the perfect ISTP motto.

**8. ESFP: Otter…**ESFPs live in the moment and want to experience life at 100 mph. They are incredibly playful, generous, and optimistic. They love being social and having new experiences. Classroom learning is not their strong suit even though they are intelligent and creative — they would prefer to simply “go with the flow” and have a great time.

**9. INFJ: Wolf…**INFJs are value-driven individuals who tend to remain mysterious and complex even after you’ve become close to one. They are often creative and inspired individuals. They are good at perceiving emotions and are sensitive to the feelings of others, but they are not very prone to revealing much of themselves until they trust someone completely. That said, they are intensely interested in the well-being of others and are often seen as protectors as well as natural leaders.

**10. ENFP: Dolphin…**Creative and contagiously happy, ENFPs have boundless energy and an appetite for learning about new things and meeting new people. They bring joy to others and are keenly perceptive to the needs of those around them. They are vivacious and popular enthusiasts. ENFPs tend to get bored easily, and they are always ready for the latest and the greatest in friends, relationships, experiences, and ocean jumping.

**11. ESTJ: Honey Bee…**ESTJs are civic-minded workers who strive to improve society and like to be part of organizations and governments. They are often conservative and they are strong believers in the letter of the law, and the importance of procedures. They are practical and straight-forward, and have little use for “expanding their mind” or having new experiences. They are, however, outgoing, and they have no problem with clearly communicating their needs and desires to others.

**12. ISTJ: Beaver…**ISTJs are logical and word-working conservative types. They enjoy organization and regulation, and have a reputation for being serious individuals who take a practical approach to everything. They are dependable and thorough, sensible and earnest. Like a beaver hard at work on its dam, they are known for being incredibly dedicated workers who will do whatever is needed to get the job done. On the negative side, they have good intentions but can sometimes have a difficult time understanding the emotional needs of others.

**13. ENFJ: Dog…**ENFJs are social butterflies who are cheerleaders and supporters of a wide variety of friends and acquaintances. They hate bullying and they love to greet their loved ones with a face lick and a tail wag. They feel good when the people around them feel good, and they tend to adapt to the group that they are in very quickly, even adopting the values of whoever they are surrounded by. They are loyal and expect loyalty from others — think of them as the living embodiment of a “team player.”

**14. INFP: Meerkat…**INFPs are deeply ethical and idealistic, loyal to their family and closest friends, and guided by their desire to live a life according to their values. They are curious about those around them, but will not accept threats to the security of their adorable babies or their morals.

**15. ENTP: Parrot…**ENTPs prize intelligence and competence over all other things (both in themselves and in others). They are often described as witty, clever, cerebral, and resourceful. They are verbally inclined and they often have a perverse sense of humor. ENTPs like to analyze every side of an issue and are creative thinkers and workers. They sometimes chatter.

**16. ESFJ: Elephant…**ESFJs are genuine and authentic, and they care deeply about those around them. These are the kind of individuals who bring out the best in those around them, and they are serious about loyalty and responsibility to their families, friends, and co-workers. They are generous and they love to bring joy to others, but they are also sensitive and easily hurt. ESFJs are often blind to the flaws of those they love and they are incredibly trusting and full of love.