



Introverted	Energy Style	‣ composed, self-reliant, reserved, thoughtful
iNtuitive	Cognitive Style	‣ creative, imaginative, idealistic, innovative
Feeling	Values Style	‣ empathetic, sensitive, ethical, authentic
Perceiving	Life Style	‣ flexible, accepting, tolerant, open-minded

famous INFPs include...



Princess Diana



John Lennon



Helen Keller



Fred Rogers



Isabel Briggs Myers



Audrey Hepburn

In a Nutshell

INFPs are imaginative idealists, guided by their own core values and beliefs. To a Healer, possibilities are paramount; the realism of the moment is only of passing concern. They see potential for a better future, and pursue truth and meaning with their own individual flair.

INFPs are sensitive, caring, and compassionate, and are deeply concerned with the personal growth of themselves and others. Individualistic and nonjudgmental, INFPs believe that each person must find their own path.

INFPs are creative and often artistic. They value authenticity and want to be original and individual in what they do. Following tradition holds little appeal for the INFP; they prefer to do their own exploration of values and ideas, and decide for themselves what seems right.

Core Values

- Empathy
- Depth
- Individuality
- Compassion

Key Motivators

- Searching for meaning
- Exploring ideas and possibilities
- Understanding the needs of others
- Encouraging personal development