



Introverted	Energy Style	▶ quiet, modest, calm, gentle
Sensing	Cognitive Style	▶ practical, observant, hands-on, grounded
Feeling	Values Style	▶ attentive, kind, sensitive, accepting
Perceiving	Life Style	▶ flexible, spontaneous, easygoing, responsive

famous ISFPs include...



Cher



Barbra Streisand



Bob Dylan



Wolfgang Mozart



Jackie Onassis



Michael Jackson

In a Nutshell

ISFPs are gentle caretakers who live in the present moment and enjoy their surroundings with cheerful, low-key enthusiasm. They are flexible and spontaneous, and like to go with the flow to enjoy what life has to offer.

ISFPs are quiet and unassuming, and may be hard to get to know. However, to those who know them well, the ISFP is warm and friendly, eager to share in life's many experiences.

ISFPs have a strong aesthetic sense and seek out beauty in their surroundings. They are attuned to sensory experience, and often have a natural talent for the arts. ISFPs especially excel at manipulating objects, and may wield creative tools like paintbrushes and sculptor's knives with great mastery.

Core Values

- ▶ Support
- ▶ Sensitivity
- ▶ Flexibility
- ▶ Loyalty

Key Motivators

- ▶ Focusing on the needs of others
- ▶ Providing warm and gentle support
- ▶ Finding practical solutions
- ▶ Adapting to change