

ESFP: (Extraverted-Sensing-Feeling-Perceivers)

- Are nonjudgmental and comprehensively inclusive.
- Are lovers of life and of people.
- Are flexible and spontaneous.
- Are hands-on people, learn by doing.
- Are often more ambitious than they appear to be.
- Have an elevated awareness of the feelings and motivations of others, with a natural drive to make sure they are enjoying themselves.
- Do not think and plan step-by-step. ESFPs prefer to improvise, based on what is happening in the moment and taking advantage of opportunities as they arise.
- Since their SP driven function and purpose involves keeping people's spirits up. ESFPs can have difficulty setting limits with others that may upset them.
- Sense of self intricately connected to maintaining harmony and can become depressed and unable to be themselves if unable to solve a conflict directly in an upbeat manner or by denial.
- May have difficulty in academic settings. ESFPs' priority is people and how people are feeling rather than class work and grades. Ongoing conflicts at home, at school or at work can be so disruptive that they are unable to focus their energy on their daily tasks.
- May grow up being told their natural priorities are not ok, that they are not being responsible about what truly matter and are not going to amount to much. This is usually an inaccurate perception, as ESFPs tend to be ambitious and want to be admired and respected.
- Enjoy an audience, and most require involvement in some form of physical activity. ESFPs enjoy sports and are often quite good in their sport of choice.

- Enjoy jobs that include being physically active, such as fireman/woman, social worker, paramedic, and professional athlete and have a natural affinity for crisis management roles.
- Have a highly practical relationship to factual reality and are seldom wrong about information gained firsthand.
- May experience regular periods of dissatisfaction, feel that they are depressed, and withdraw from others for a while. In fact, it is quite often the case that ESFPs want more out of their relationships than they are comfortable receiving and will feel more fulfilled if they 'push through' the discomfort and discover a deeper and longer-lasting closeness to self and others.
- Have their own standards for honesty and integrity and live by them. ESFPs do not tend to take unfair advantage of others but are quick to seize opportunities when they arise.