

ISFP ***Introverted - Sensing - Feeling - Perceiving***
“It’s the Thought That Counts”

As an ISFP, career satisfaction means doing work that:

1. Is consistent with my strong, inner values, and is something I care deeply about and want to contribute my energy and talents to.
2. If done with others is in a supportive and affirming climate where I am a loyal and cooperative member of a team.
3. Requires attention to detail, where I work with real things that benefit other people and have practical applications.
4. Gives me freedom to work independently but nearby other compatible and courteous people, and where I don’t feel restricted by excessive rules, structure, or inflexible operating procedures.
5. Lets me be adaptable yet committed; where I have a sense of purpose and am able to see and experience the actual results of my accomplishments.
6. Lets me use my sense of taste and aesthetics to enhance my physical work space, personalize it, and make others feel more comfortable.
7. Is done in a quietly cheerful and cooperative setting and where interpersonal conflicts are kept to a minimum.
8. Gives me an opportunity to experience inner growth and development within a context of work that I feel is important.
9. Lets me handle problems promptly and simply, offering practical help.
10. Does not require me to perform regular public speaking, lead a large group of people I don’t know well, or give people negative feedback.

Work-related strengths and weaknesses of ISFPs include:

STRENGTHS:

Prefer hands-on participation, especially helping professions.
Welcome change and adapt well to new situations.
Work hard when they believe their work is important.
Loyal members of organizations and take orders from supervisors well.
Thrive in supportive and affirming climates.

WEAKNESSES:

May accept others’ behavior without seeking underlying meanings or motives.
May not see opportunities unless they exist at present.
Tend to take criticism and negative feedback personally.
Don’t like to prepare in advance and have trouble organizing their time.
Feel restricted by excessive rules and bureaucracy.

Popular Occupations for ISFPs

CRAFTS/ARTISAN

- Fashion designer
- Carpenter
- Jeweler
- Gardener
- Tapestry worker
- Potter
- Painter
- Dance
- Designer: interior/landscape
- Chef

The chief appeal of these careers for ISFPs is the opportunity to work with their hands in the creation of something attractive and, oftentimes, useful. They enjoy using their five senses in a practical way as well as working with real things in the real world. Many of these careers offer ISFPs the chance to work flexible hours and the freedom to schedule their own work. Most ISFPs prefer to be autonomous, without having to conform to administrative guidelines.

MEDICINE

- Visiting nurse
- Physical therapist
- Massage therapist
- Radiology technologist
- Medical assistant
- Veterinary assistant
- Animal groomer/trainer

ISFPs often find satisfaction in careers where they are able to work directly with others and help them either physically or emotionally, during a crisis. They respond well to quick changes and like short-term problem solving. Helping other people, receiving feedback for their contributions, and doing work they can believe in are important factors in satisfying work.

TECHNICAL

- Computer operator
- Surveyor
- Forester
- Botanist
- Geologist
- Mechanic

ISFPs often enjoy work that deals with facts rather than with theory. They tend to prefer using practical and active skills. The opportunity to be out of doors is particularly appealing to ISFPs, and they welcome change and variety in their work.

SERVICE:

- Crisis hotline operator
- Teacher: elementary (science)
- Police officer
- Cleaning service operator
- Scorekeeper
- Waiter/waitress
- Beautician

Many ISFPs find fulfilling work in service careers. Careers that let them help meet the needs of people or animals in specific and tangible ways are most rewarding. They tend to prefer work environments that share their values and foster and encourage interpersonal harmony, cooperation, and appreciation for the work of all. Many ISFPs enjoy teaching a specific subject area, usually with young children, where they have the opportunity to include lots of spontaneity for fun.

CLERICAL:

- Bookkeeper
- Legal secretary
- Typist
- Clerical supervisor
- Administrator

Clerical careers, if in the right kind of environment, can provide satisfaction for ISFPs. The critical factor is the ability to use their excellent practical skills but in a supportive and affirming climate. ISFPs work best when working as part of a team, in a stable work group that respects the individual need for privacy and growth. They prefer work settings that allow them to create and maintain a pleasant and personalized work environment.

Excerpt from Do What You Are: Discover the Perfect Career For You Through The Secrets of Personality Type; Paul D. Tiger & Barbara Barron-Tieger.