

## Summary of the 16 MBTI Types

### Analysts

#### 1. INTJ (The Architect)

- **Strengths:** Strategic thinker, efficient, independent, confident, decisive, excellent long-term planner.
- **Prayer:** *"Lord, keep me open to others' ideas, WRONG though they may be."*
- **Opportunities:** Focus on fostering empathy and openness to others' input. Avoid coming across as overly critical or dismissive of ideas that don't align with personal strategies.

#### 2. INTP (The Logician)

- **Strengths:** Analytical, logical, curious, innovative, excellent at abstract thinking and exploring theories.
- **Prayer:** *"Lord, help me be less independent, but let me do it my way."*
- **Opportunities:** Develop interpersonal skills and practical follow-through on ideas. Balance theoretical exploration with real-world application and action.

#### 3. ENTJ (The Commander)

- **Strengths:** Visionary leader, decisive, energetic, charismatic, strategic, excels at motivating teams.
- **Prayer:** *"Lord, help me to slow down and not rush through what I do."*
- **Opportunities:** Practice patience and active listening to ensure others feel valued. Avoid steamrolling others in pursuit of objectives.

#### 4. ENTP (The Debater)

- **Strengths:** Creative, energetic, quick-witted, excellent at thinking on their feet, enjoys solving complex problems.
  - **Prayer:** *"Lord, help me follow established procedures today. Hang on, on second thoughts, how about we settle for just a few minutes."*
  - **Opportunities:** Focus on completing tasks and sticking to commitments. Balance enthusiasm for new ideas with attention to routine responsibilities.
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### Diplomats

#### 5. INFJ (The Advocate)

- **Strengths:** Insightful, principled, empathetic, creative, inspiring, great at connecting with others.
- **Prayer:** *"Lord, help me not to be a perfectionist (did I spell that correctly?)."*
- **Opportunities:** Balance personal ideals with practicality. Be mindful of overextending in helping others and focus on self-care.

#### 6. INFP (The Mediator)

- **Strengths:** Idealistic, empathetic, creative, passionate, loyal, great at expressing values and understanding others.
- **Prayer:** *"Lord, help me to finish everything I sta..."*
- **Opportunities:** Prioritise tasks and develop consistency in delivering on commitments. Be cautious of avoiding conflict or suppressing opinions.

#### 7. ENFJ (The Protagonist)

- **Strengths:** Charismatic, altruistic, inspiring, organised, natural leaders.
- **Prayer:** *"Lord, help me to do only what I can and trust You for the rest. Do you mind putting that in writing, please?"*
- **Opportunities:** Delegate effectively and ensure personal needs are not overlooked while helping others. Avoid being overly idealistic.

#### 8. ENFP (The Campaigner)

- **Strengths:** Imaginative, enthusiastic, versatile, sociable, skilled at understanding motivations and inspiring others.
  - **Prayer:** *"Lord, help me to keep my mind on one th... Oh look, a bird!"*
  - **Opportunities:** Strengthen focus and discipline to complete projects. Avoid overcommitting to too many interests or ideas.
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### Sentinels

#### 9. ISTJ (The Inspector)

- **Strengths:** Reliable, organised, responsible, loyal, detail-oriented, strong work ethic.
- **Prayer:** *"Lord, help me to relax about insignificant details beginning tomorrow morning at 11:41:23 a.m."*
- **Opportunities:** Cultivate flexibility and adaptability in the face of change. Avoid being overly rigid or resistant to innovation.

#### 10. ISFJ (The Defender)

- **Strengths:** Supportive, meticulous, dependable, empathetic, hardworking, great at creating stability.
- **Prayer:** *"Lord, help me to be more laid-back and help me to do it EXACTLY right."*
- **Opportunities:** Learn to set boundaries to avoid overcommitting. Focus on developing assertiveness to express personal needs.

#### 11. ESTJ (The Executive)

- **Strengths:** Strong-willed, organised, efficient, practical, dependable, skilled at managing people and projects.
- **Prayer:** *"Lord, help me to not try to run everything. But, if You need some help, You know You only have to ask."*
- **Opportunities:** Practice flexibility and openness to new approaches. Avoid micromanaging or being perceived as overly controlling.

#### 12. ESFJ (The Consul)

- **Strengths:** Warm, caring, sociable, practical, loyal, great at creating harmony and nurturing relationships.
  - **Prayer:** *"Lord, give me patience, and I mean right NOW."*
  - **Opportunities:** Balance the need for harmony with addressing conflict. Avoid over-reliance on external validation or pleasing others.
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### Explorers

#### 13. ISTP (The Virtuoso)

- **Strengths:** Practical, adaptable, analytical, calm in crises, skilled at troubleshooting and hands-on tasks.
- **Prayer:** *"Lord, help me to consider other people's feelings, even if most of them are hypersensitive."*
- **Opportunities:** Develop interpersonal skills and empathy to strengthen relationships. Focus on long-term planning to complement action-oriented tendencies.

#### 14. ISFP (The Adventurer)

- **Strengths:** Creative, empathetic, spontaneous, sensitive, excellent at expressing themselves through actions.
- **Prayer:** *"Lord, help me to stand up for my rights (if You don't mind my asking, and only if that's okay with You)."*
- **Opportunities:** Strengthen decision-making skills and assertiveness. Focus on creating structure while embracing creativity.

#### 15. ESTP (The Entrepreneur)

- **Strengths:** Energetic, adaptable, bold, resourceful, thrives in dynamic situations, enjoys taking risks.
- **Prayer:** *"Lord, help me to take responsibility for my own actions, even though they're usually not my fault."*
- **Opportunities:** Cultivate patience and attention to detail. Avoid impulsivity and focus on long-term consequences of decisions.

#### 16. ESFP (The Entertainer)

- **Strengths:** Outgoing, enthusiastic, friendly, fun-loving, skilled at making others feel comfortable and entertained.
- **Prayer:** *"Lord, help me to take things more seriously, especially parties and dancing."*
- **Opportunities:** Develop focus on long-term planning and handling conflicts. Avoid being overly focused on the present at the expense of the future.