

ISFJ *Introverted - Sensing - Feeling - Judging*
“On My Honor, to Do My Duty . . .”

As an ISFJ, career satisfaction means doing work that:

1. Requires careful observation and meticulous accuracy, where I can use my ability to remember facts and details.
2. Lets me work on tangible projects that help other people, often requiring great accuracy and attention to detail.
3. Lets me express my compassion and devotion by working hard behind the scenes, but where my contributions are recognized and appreciated.
4. Is done in a traditional, stable, orderly, and structured environment, where the results are practical and service-oriented.
5. Requires that I adhere to standard procedures, use practical judgment, and follow through in a careful, organized way.
6. Lets me focus all my energy on one project or one person at a time, working on products or services that have observable end results.
7. Gives me a private work space so I can concentrate fully for extended periods of time and with a minimum of interruptions.
8. Lets me work primarily one-on-one, helping others, or with other people who share my personal values and beliefs.
9. Requires me to be organized and efficient in completing assignments.
10. Does not require too frequently that I present my work in front of groups of people without having adequate time to prepare well in advance.

Work-related strengths and weaknesses of ISFJs include:

STRENGTHS:

Strong work ethic; responsible and hard-working
Excellent with routines requiring sequential, repeated procedures or tasks
Accurate, thorough, and careful with details
Enjoy being in service to others, supportive with co-workers or subordinates
Enjoy using established ways of doing things; respect status given by titles

WEAKNESSES:

May underestimate own value; may not be assertive about their own needs
Frequently overworked because they take on too much
May not see implications of future consequences
May not adjust well to constant change
May become discouraged if they no longer feel needed or appreciated

Popular Occupations for ISFJs

MEDICINE:

- Family physician
- Nurse
- Medical technologist
- Dental hygienist
- Physical therapist
- Medical equipment salesperson
- Health care administrator
- Dietician

These occupations allow ISFJs to work in a field where their contributions have a personal and direct impact on others. Many of these occupations require hands-on and one-on-one interaction with clients and patients. ISFJs like to be able to help others in real and practical ways. Many of these positions allow the ISFJ to work relatively independently within a traditional and organized culture. The field of medicine makes good use of ISFJs' ability to learn and practice technical skills and gives them the chance to establish personal connections with other people.

SOCIAL SERVICE/RESEARCH

- Preschool/elementary teacher
- Librarian/archivist
- Curator
- Educational administrator
- Social worker
- Guidance counselor
- Personal counselor
- Religious educator
- Speech pathologist
- Probation officer

Education is a field frequently of interest to ISFJs because it allows them to help other people and make a contribution to society. ISFJs often enjoy teaching elementary school because of the personal interaction with students and the ability to teach basic skills. Many ISFJs enjoy careers in educational administration, especially when they are responsible for a specific area of specialty (for example, special education) or a relatively small service area (one town rather than a large city school system). ISFJs enjoy working independently but within an organization where they are appreciated for their contribution and know what is expected of them.

The field of research offers satisfaction for ISFJs because it allows them to work independently and follow through on specific tasks of investigation. Curators are required to create and maintain complete and accurate records, which lets them use their organizational and factual recall skills.

While often personally challenging, the field of social work often provides great satisfaction for ISFJs. ISFJs find the contribution they make rewarding because they are able through their involvement with their clients, to help make them make practical and tangible improvements in their lives. These occupations offer the same opportunities for one-on-one interaction and independent working environments, all of interest to an ISFJ.

BUSINESS ASSISTANCE:

- Secretary
- Clerical supervisor
- Customer service representative
- Personnel administrator
- Computer operator
- Bookkeeper

These careers require a great deal of interaction with people on a one-on-one basis and are often enjoyed by ISFJs. Many are support positions, which enable ISFJs to use skills in organization and follow-through of important details, especially when working in support of someone they respect and admire. These positions also require knowledge and use of both technical and communication skills to help others get the information or assistance they need.

OTHER:

- Interior decorator
- Electrician
- Retail salesperson
- Fashion merchandiser
- Innkeeper
- Guard/watch-keeper

These careers are not necessarily related to one another but have some common characteristics and requirements. Each requires the person to work with real things that have to do with daily living. As an interior decorator, the ISFJ uses his or her aesthetic sense to find the right décor for the client. The job requires attention to detail and a strong

ability to work with another toward satisfying the client's needs and wishes in his or her home. ISFJs usually place great importance on the way their own home is decorated and can easily understand and relate to the desires of their clients to create homes that are comfortable for them.

An electrician is responsible for technical accuracy and adherence to standard procedures and codes. ISFJs enjoy focusing their attention on tasks that require hands-on work and enjoy using skills they have mastered. If the ISFJ feels his or her contributions are valued and appreciated and if he or she receives quality interaction with either the customer, partner, or co-workers, the job of an electrician can be satisfying.

Retail sales and merchandising are careers often enjoyed by ISFJs, especially when they are able to work in either a small specialty shop or one department of a larger store. ISFJs often make good owners of boutiques. Their attention to the details of how their shop looks and "feels" to customers often wins them long-standing repeat business. They enjoy spending time with one customer at a time, finding just the right item or accessory to work with what the customer already has. They enjoy following through and maintaining relationships with customers and treat staff with kindness and loyalty.

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