



Ice Breaker Activity

Activity

Answer these questions – write down the corresponding letter

Would you rather?

Go out

E

Chill at home

I

When taking in
new information,
do you?

Use your 5 senses

S

Look at the bigger
picture

N

When making up
your mind, do you
rely mostly on?

Logic

T

Emotion

F

Would you rather
your life be?

Planned out

J

Spontaneously Driven

P

Activity

Answer these questions – write down the corresponding letter

Would you rather?

Go out

E - Extroversion

Chill at home

I - Intraversion

When taking in
new information,
do you?

Use your 5 senses

S - Sensing

Look at the bigger
picture

N - Intuition

When making up
your mind, do you
rely mostly on?

Logic

T - Thinking

Emotion

F - Feeling

Would you rather
your life be?

Planned out

J - Judging

Spontaneously Driven

P - Perceiving

What's your spirit animal?

Created by Debbie Burke at Xtreme Teams Inc. Inspired by jaeci.com



ESTJ - Honeybee

MOST HARD CHARGING
CIVIC-MINDED WORKERS
PRACTICAL
STRIVE TO IMPROVE SOCIETY
LIKE TO BE PART OF ORGANIZATIONS OR GOVERNMENTS
STRAIGHT FORWARD
LITTLE USE FOR NEW EXPERIENCES
CLEARLY COMMUNICATE NEEDS/DESIRES
OUTGOING

ESTP - Fox

MOST SPONTANEOUS
DRAMATIC
CHARISMATIC
INFLUENTIAL
ACTIVE
FUN
ADEPT AT INFLUENCING PEOPLE
WONDERFUL FRIENDS IF WANT A GOOD TIME
SEEK THE BEST IN LIFE

ESFJ - Elephant

MOST HARMONIZING
GENUINE
AUTHENTIC
BRING JOY TO OTHERS
SENSITIVE
EASILY HURT
TRUSTING
FULL OF LOVE

ESFP - Penguin

MOST GENEROUS
PLAYFUL
OPTIMISTIC
LIVE IN THE MOMENT
SOCIAL
LIKE NEW EXPERIENCES
INTELLIGENT
CREATIVE
CLASSROOM LEARNING IS NOT STRONG SUIT
PREFER TO GO WITH THE FLOW

ENFJ - Dog

MOST PERSUASIVE
SOCIAL BUTTERFLIES
HATE BULLYING
LIKE TO GREET LOVED ONES
FEEL GOOD WHEN OTHERS FEEL GOOD
ADAPTIVE
LOYAL TO OTHERS & EXPECT IN RETURN
"TEAM PLAYER"

ENFP - Dolphin

MOST OPTIMISTIC
CREATIVE
CONTAGIOUSLY HAPPY
LIKE TO LEARN NEW THINGS AND MEET NEW PEOPLE
VIVACIOUS
POPULAR ENTHUSIAST
BORED EASILY
ALWAYS READY FOR THE LATEST/GREATEST WITH FRIENDS
RELATIONSHIPS EXPERIENCES

ENTJ - Lion

MOST COMMANDING
LOGICAL THINKERS
INDEPENDENT
PERSUASIVE LEADERS
FIERCE
SUCCESSFUL
POWERFUL
REFUSE SUBJECTIVE EMOTION IN DECISION-MAKING
QUEENS / KINGS OF PROVERBIAL JUNGLE

ENTP - Parrot

MOST INVENTIVE
INTELLIGENT
CLEVER
RESOURCEFUL
PERVERSE SENSE OF HUMOR
ANALYZE EVERY SIDE OF AN ISSUE
WITTY
CREATIVE THINKERS



ISTJ - Ox

MOST RESPONSIBLE
LOGICAL
ORGANIZED
SERIOUS INDIVIDUALS WHO TAKE A PRACTICAL APPROACH
DEPENDABLE
SENSIBLE
EARNEST
DEDICATED WORKERS
GOOD INTENTIONS
DIFFICULTY UNDERSTANDING EMOTIONS OF OTHERS

ISTP - Snake

MOST PRAGMATIC
QUIET
ANALYTIC
DRAWN TO ENGINEERING
EXPLORERS
BORED WITH SINGLE ROUTINES
CLOSET DAREDEVILS
LIVE AND LET LIVE
"DON'T TREAD ON ME"

ISFJ - Deer

MOST CONTEMPLATIVE
QUIET
OBSERVANT
THOUGHTFUL
MAINTAIN ORDER & HARMONY
RESPECT EVERYONE'S FEELINGS
TRUSTWORTHY
FEW PEOPLE KNOW THEM AS BEING INCREDIBLY SENSITIVE

ISFP - Cat

MOST ARTISTIC
PEACEFUL
EASYGOING
LIVE MOMENT TO MOMENT
CONSIDERATE
PLEASANT
CARING
MELLOW
VALUES IMPORTANT TO THEM
DO NOT DEBATE VIEWS PUBLICLY
RELAXED

INFJ - Wolf

MOST CONTEMPLATIVE
VALUE DRIVEN
MYSTERIOUS
COMPLEX
CREATIVE
INSPIRED INDIVIDUALS
SENSITIVE TO FEELINGS OF OTHERS
REQUIRE TRUST BEFORE REVEALING ONESELF
PROTECTORS
NATURAL LEADERS

INFP - Giraffe

MOST IDEALISTIC
LOYAL FAMILY/CLOSE FRIENDS
LIVE LIFE ACCORDING TO VALUES
CURIOUS ABOUT THOSE AROUND THEM
ETHICAL
DO NOT ACCEPT THREATS TO SECURITY OF THEIR BABIES/MORALS

INTJ - Octopus

MOST INDEPENDENT
WILDLY INTELLIGENT & CREATIVE
UNINTERESTED IN WHAT OTHERS ARE DOING
AWARE OF WHAT THEY DON'T KNOW
PASSIONATE ABOUT CONCEPTUALIZING IDEAS
LIKE TO PROCESS COMPLEX THEORIES

INTP - Owl

MOST CONCEPTUAL
ANALYTICAL
THOUGHTFUL INDIVIDUALS
RAZOR SHARP WIT
PEOPLE ENJOY THEIR COMPANY
PREFER TO WORK ALONE
SOCIALY CAUTIOUS
CHALLENGES OTHERS TO THINK