

Steppingblocks

PERSONALITY TYPE GUIDE

ENFP

What Your Preferences May Mean for You

A reflection guide connecting your personality type to real-world career exploration, built to be used alongside the Steppingblocks Digital Career Counselor.

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This guide describes broad, self-reported patterns. It is a starting point for reflection, not a definitive statement about who you are or what you can do. People of every personality type succeed across every field.



To learn more about Steppingblocks and the Digital Career Counselor platform, check out our [Help Center](#).

What ENFP Preferences May Mean for You

If you have ENFP preferences, you may find that you are energized by new ideas, meaningful connections, and the possibility of making a positive difference in the world.

People with ENFP preferences often combine imaginative thinking (Intuition) with warmth and empathy (Feeling) in a way that makes them natural connectors, motivators, and creative thinkers.

Your preference for Extraversion means you likely feel energized by engaging with people and brainstorming out loud. And your Perceiving preference suggests you value keeping your options open and may resist premature decisions.

E

Extraversion

Energized by engaging with people and brainstorming out loud.

N

Intuition

Drawn to imaginative thinking and new possibilities.

F

Feeling

Guided by warmth and empathy in relationships.

P

Perceiving

Values keeping options open and resists premature decisions.

Pause & Reflect

- When reading about your personality type, what resonates with you?
- Can you think of any examples of when you have seen these preferences in your life? How might these preferences show up in your school, work, relationships, etc.?



Steppingblocks Pro Tip: Keep these preferences in mind as you explore different majors and careers in Digital Career Counselor. Consider how different options may allow you to combine your ENFP preferences and areas of interest.

Patterns & Tendencies

The following observations reflect broad patterns reported by people with these preferences.

6–8% ENFP preferences are estimated at roughly **6 to 8% of the general population.**

People with ENFP preferences often:

- report being seen as the 'idea person' in groups.
- have difficulty choosing one path because they see possibilities everywhere.
- describe a tension between their desire for freedom and their need for meaning.
- have a natural ability to inspire and motivate others.
- prefer environments that reward creativity, authenticity, and collaboration.

Strengths & Growth Areas

Neither column defines you. They are starting points for self-reflection.

POTENTIAL STRENGTHS	POTENTIAL GROWTH AREAS
Enthusiastic and inspiring	May start many projects but finish few
Creative and original thinker	May struggle with routine tasks and details
Empathetic and genuinely interested in others	May overcommit and spread self too thin
Optimistic and energetic	May avoid difficult realities or procrastinate on unpleasant tasks
Excellent communicator	May become unfocused when bored or understimulated
Flexible and open to new experiences	May have difficulty making final decisions
Values-driven and principled	May take rejection or criticism very personally

Exploring Career Paths

People of any personality type can succeed in any career. The lists below reflect broad statistical patterns. Use them as starting points for exploration, not prescriptions.

Academic & Professional Setting Preferences

People with ENFP preferences often thrive in roles that allow creativity, people interaction, and meaningful impact. You may struggle in highly repetitive or isolated roles. Look for workplaces that value innovation and human connection.

Fields Worth Exploring

People with ENFP preferences may find these fields naturally engaging:

Communication & Media

Journalist, public relations specialist, social media strategist, podcaster

Counseling & Education

School counselor, professor, training specialist, career coach

Creative Fields

Writer, graphic designer, UX designer, art director, filmmaker

Nonprofit & Advocacy

Program director, fundraiser, community organizer, political campaign staff

Entrepreneurship

Startup founder, consultant, brand strategist, innovation lead

Marketing & Sales

Brand manager, advertising creative, talent recruiter, customer success manager

Fields That May Require More Intentional Energy

These fields may require drawing more heavily on less-preferred functions. This does not mean you cannot succeed, but it may require more energy from you:

- Roles with heavy repetitive detail and strict compliance: accounting, quality assurance auditing
- Roles in highly isolated environments with minimal human interaction
- Roles requiring extensive rule enforcement: regulatory compliance, building inspection



Steppingblocks Pro Tip: Use Digital Career Counselor's Search360° tool to explore data for any of the job titles above. Explore education trends, average salaries, top skills, and career paths from real people.

Reflection & Next Steps

Reflection Prompts

1

Which field from the list above feels closest to work you're already doing or curious about?

2

What's one concrete step you could take this month to learn more about the field(s) that interest you?

3

What are some data points you can explore in Digital Career Counselor to learn more about your field(s) of interest? (Career paths, salaries, majors, etc.)

Recommended Next Steps

1

Use the Outcomes tool in Digital Career Counselor to search employers, jobs, and skills for your major or major(s) of interest.

2

Search your desired major(s) or job title(s) in Search360° to view career paths from real people, average salaries, skills data, and more.

3

Discuss the results of your assessment with a Career or Academic Advisor.

4

Identify people who are doing work that interests you, and schedule an informational interview.

5

Attend professional development workshops and events on campus.



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