

Steppingblocks

PERSONALITY TYPE GUIDE

INFP

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 INFP Preferences May Mean for You

If you have INFP preferences, you may find that you are driven by a desire to live authentically and make the world better in some way. You likely feel most engaged when your work aligns with your values and allows for creative expression.

People with INFP preferences often combine imaginative thinking (Intuition) with deep personal values (Feeling) in a way that fuels creativity, empathy, and a strong sense of purpose.

Your preference for Introversion means you may need significant alone time to process ideas and emotions. And your Perceiving preference suggests you likely value openness and may resist rigid deadlines or structures.

I**Introversion**

Needs significant alone time to process ideas and emotions.

N**Intuition**

Drawn to imaginative thinking and creative possibilities.

F**Feeling**

Guided by deep personal values and inner conviction.

P**Perceiving**

Values openness and may resist rigid deadlines or structures.

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 INFP preferences and areas of interest.

Patterns & Tendencies

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

4–5% INFP preferences are estimated at roughly **4 to 5% of the general population.**

People with INFP preferences often:

- report a rich inner life and a strong connection to their imagination.
- describe feeling like they are on a personal quest for meaning and authenticity.
- have strong written communication skills and may find writing easier than speaking.
- describe feeling misunderstood or out of step with mainstream values.
- prefer environments that honor individuality, creativity, and purpose.

Strengths & Growth Areas

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

POTENTIAL STRENGTHS	POTENTIAL GROWTH AREAS
Creative and imaginative	May struggle with practical details and routine tasks
Empathetic and deeply caring	May take on others' emotions to an unhealthy degree
Principled and values-driven	May become idealistic to the point of inflexibility
Open-minded and accepting of differences	May avoid confrontation even when necessary
Thoughtful and reflective	May overthink decisions and struggle with analysis paralysis
Passionate about causes that matter	May feel chronically dissatisfied if reality does not match ideals
Strong written communicator	May struggle to advocate for self in real-time conversations

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 INFP preferences often do their best work when they feel their efforts serve a meaningful purpose. You may struggle in environments that feel impersonal or purely profit-driven. Look for roles and organizations whose mission resonates with your values.

Fields Worth Exploring

People with INFP preferences may find these fields naturally engaging:

Writing & Communication

Author, journalist, content creator, copywriter, editor, screenwriter

Counseling & Psychology

Therapist, school counselor, art therapist, life coach

Arts & Design

Graphic designer, musician, filmmaker, animator, fine artist

Nonprofit & Advocacy

Grant writer, program coordinator, community organizer, policy researcher

Education

Professor, curriculum designer, ESL teacher, education researcher

Healthcare & Wellness

Psychologist, holistic health practitioner, occupational therapist

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 emphasis on metrics, quotas, and competitive pressure
- Roles requiring frequent confrontation or aggressive negotiation
- Roles in large, impersonal bureaucracies with minimal autonomy or meaning



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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