



Hello Voyager!

Most people already have a sense of whether they lean more toward introversion or extroversion. You likely know whether you enjoy social gatherings or prefer quiet time, whether you feel energized by people or drained after too much interaction.

But here's something you may not have considered—introversion and extroversion are not just two simple categories. Within them, there are different types, each shaped by unique thought patterns, energy dynamics, and social preferences. Understanding these nuances can help you better navigate your interactions, decision-making, and personal growth.

You are more than a label. This assessment is designed to offer a reference point for deeper self-awareness. This self-awareness not only helps you better understand your unique needs but also serves as a foundation for setting meaningful goals and creating action plans tailored to your strengths.

While backed by research, **your results are not absolute.** Personality is fluid, and environmental factors—such as life experiences, personal growth, or even your current emotional state—can influence how you express yourself in different situations.

Take this as an opportunity for reflection rather than a rigid classification. You are not just an “introvert” or an “extrovert”—you are a dynamic individual who adapts, evolves, and thrives in your own way.

Enjoy the journey of self-discovery!

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INTROVERSION-EXTROVERSION INNER HORIZON CHART

Below are 20 real-world scenarios that reflect how people interact with the world around them. Answer each statement based on how well it describes you. Please rate each statement based on how well it describes your typical behavior using the following scale.

- ◆ Go with your first instinct. The best insights come from your natural, immediate response.
- ◆ Even if you haven't been in a particular situation before, imagine what feels most natural to you.
- ◆ Please complete all the questions before go to evaluation sheet.

	Strongly disagree				Strongly agree
	1	2	3	4	5
1. After attending a gathering, I prefer going home rather than making more plans for the night.	☐	☐	☐	☐	☐
2. If I unexpectedly run into someone I know, I often stop to chat rather than just saying a quick hello and moving on.	☐	☐	☐	☐	☐
3. I prefer texting or emailing someone rather than calling them on the phone.	☐	☐	☐	☐	☐
4. I enjoy going to places where there's a lot happening, like festivals, concerts, or busy cafes.	☐	☐	☐	☐	☐
5. If I need to learn something new, I prefer researching and figuring it out on my own rather than asking someone for help.	☐	☐	☐	☐	☐
6. I often say 'yes' to spontaneous plans, even if I had originally planned to stay in.	☐	☐	☐	☐	☐
7. In a conversation, I often find myself reflecting before I respond, rather than speaking impulsively.	☐	☐	☐	☐	☐
8. I feel comfortable making quick decisions, even under pressure.	☐	☐	☐	☐	☐
9. I enjoy spending time alone doing things like reading, writing, or working on hobbies without distractions.	☐	☐	☐	☐	☐
10. When I hear a song I like in public, I have no problem dancing or singing along, even if others notice.	☐	☐	☐	☐	☐
11. When making decisions, I tend to think things through carefully before speaking or acting.	☐	☐	☐	☐	☐
12. At social events, I often find myself drawn to deep one-on-one conversations rather than mingling with multiple people.	☐	☐	☐	☐	☐

	Strongly disagree				Strongly agree
	1	2	3	4	5
13. I often replay past conversations in my head, thinking about what I said or could have said differently.	☐	☐	☐	☐	☐
14. When I travel, I prefer exploring at my own pace rather than being on a packed itinerary with a group.	☐	☐	☐	☐	☐
15. In conversations, I am comfortable with pauses and silences rather than feeling the need to fill them.	☐	☐	☐	☐	☐
16. When working on a project, I get more ideas and energy from discussing it with others than working alone.	☐	☐	☐	☐	☐
17. I don't mind being the one to initiate conversations, whether with strangers or acquaintances.	☐	☐	☐	☐	☐
18. I enjoy engaging in debates, public speaking, or persuasive discussions.	☐	☐	☐	☐	☐
19. I naturally take charge in group settings and enjoy leadership roles.	☐	☐	☐	☐	☐
20. When I wake up on the weekend, I'd rather go out and do something fun rather than stay in and relax.	☐	☐	☐	☐	☐

Credit & Usage Notice

This assessment is a carefully crafted tool designed to help individuals gain deeper self-awareness about their introversion-extroversion tendencies. It is based on well-established psychological research and structured to provide meaningful insights.

If you would like to use, share, or reference this assessment for any other purpose—whether in publications, training materials, coaching sessions, or research—please provide proper credit by linking back to www.introvertvoyage.com.

Thank you for respecting the effort that went into creating this resource and for helping more people navigate their unique personality journey with clarity and confidence.

HOW TO CALCULATE YOUR FINAL RESULT

Add up the score
of odd-numbered
question

-

Add up the score
of even-numbered
question

=

Final Score

Your final score will range between -40 and +40:

- A positive number means you lean more toward introversion
- A negative number means you lean more toward extroversion
- A score close to 0 means you're a balanced ambivert

Scientific Basis:

This self-assessment tool is grounded in well-established psychological research on the Extraversion-Introversion spectrum. The 1-10 scale (next page) in this tool is designed to reflect this gradual spectrum based on insights from multiple psychological frameworks:

- **The Big Five Personality Model** measures extraversion through traits like sociability, assertiveness, and excitement-seeking, which correlate with energy levels and interaction preferences.
- **Hans Eysenck's Biological Theory of Personality** explains that extroverts have lower baseline cortical arousal, making them seek external stimulation, whereas introverts have higher arousal, leading them to prefer quieter, less stimulating environments.
- **Jonathan Cheek's STAR Model** of Introversion identifies Social, Thinking, Anxious, and Restrained introverts, offering a nuanced view of introversion beyond simple "shyness."
- **Susan Cain's Work on Introversion** (Quiet, 2012) reinforces that introversion is not about social avoidance but about a preference for depth over breadth in interactions.
- **Ambiversion Research** (Adam Grant, 2013) highlights that many individuals fall in the middle of the spectrum, adapting flexibly between introverted and extroverted tendencies based on the situation.

Match Your Final Score to the Scale Below

Final Score (Introversion - Extroversion)	Scale (1-10)	Personality Type
+32 to +40	1 - Anxious/Thinking Introvert 🌙	Deep thinker, highly introspective, easily overstimulated by social interaction.
+24 to +31	2 - Restrained Introvert 🔄	Prefers structure, takes time to warm up in social settings, processes internally.
+16 to +23	3 - Social Introvert 🌱	Enjoys selective socializing in small groups but values alone time.
+8 to +15	4 - Thinking Extrovert 🧠	Prefers intellectual conversations, enjoys people but doesn't seek attention.
0 to +7	5 - Ambivert (Balanced Introvert-Extrovert) ⚖️	Adapts well to both social and solitary settings, flexible personality.
0 to -7	6 - Altruistic Extrovert ❤️	Outgoing but purpose-driven, thrives on deep connections and helping others.
-8 to -15	7 - Adventurous Extrovert 🌍	Thrill-seeker, loves spontaneity, excitement, and high-energy experiences.
-16 to -23	8 - Assertive Extrovert 📁	Strong leader, takes charge in conversations, decisive and ambitious.
-24 to -31	9 - Social Extrovert 👥	Loves socializing, networking, and group activities, enjoys meeting new people.
-32 to -40	10 - Expressive Extrovert 🎤	Charismatic, thrives on being in the spotlight, high-energy, loves attention.

A Detailed Breakdown

1 - Anxious/Thinking Introvert 🌙 (+32 to +40)

You are deeply introspective and highly aware of your surroundings, emotions, and thoughts. Your mind is always processing, analyzing, and reflecting, sometimes to the point of overthinking. You may prefer spending time alone or with a small group of trusted individuals. Social situations can feel overwhelming, particularly those that are unpredictable, and you often need extended time alone to recharge.

🔍 **Strengths:** Thoughtful, creative, deep thinker, detail-oriented

⚠️ **Challenges:** May overanalyze, prone to social anxiety, hesitant to take quick action

Common Traits:

- ✓ Prefers meaningful, one-on-one conversations over large gatherings
- ✓ Finds social settings draining and needs solitude to recover
- ✓ Often replays past conversations, analyzing responses and interactions
- ✓ Feels uncomfortable in unpredictable social situations
- ✓ Enjoys journaling, reading, and structured self-reflection

2 - Restrained Introvert 🧊 (+24 to +31)

You are a structured, cautious, and thoughtful individual who values predictability and routine. Unlike the anxious introvert, you don't necessarily overthink social situations, but you do prefer to ease into them at your own pace. You rarely act impulsively and often take time to warm up in social settings.

🔍 **Strengths:** Reliable, disciplined, well-prepared, measured decision-maker

⚠️ **Challenges:** May struggle with spontaneity, needs time to adapt to new environments

Common Traits:

- ✓ Prefers small, familiar social groups over large gatherings
- ✓ Takes time to feel comfortable with new people
- ✓ Enjoys well-structured plans rather than last-minute events
- ✓ Tends to be a careful, methodical thinker
- ✓ Often prefers listening over speaking in group settings

3 - Social Introvert 🌱 (+16 to +23)

You are deeply introspective and highly aware of your surroundings, emotions, and thoughts. Your mind is always processing, analyzing, and reflecting, sometimes to the point of overthinking. You may prefer spending time alone or with a small group of trusted individuals. Social situations can feel overwhelming, particularly those that are unpredictable, and you often need extended time alone to recharge.

You enjoy selective socializing—you're not against social interaction, but you prefer deep, meaningful conversations rather than surface-level small talk. Social settings don't necessarily drain you, but you need to choose your environment carefully to feel at ease.

🌱 **Strengths:** Emotionally intelligent, builds deep connections, socially adaptable

⚠️ **Challenges:** Can be misunderstood as aloof, avoids large group settings

Common Traits:

- ✓ Feels comfortable in small, intimate gatherings but dislikes crowds
 - ✓ Enjoys friendships that involve meaningful, deep conversations
 - ✓ Can be social but needs alone time to recharge afterward
 - ✓ Doesn't mind public speaking if well-prepared but dislikes spontaneous interactions
 - ✓ Finds comfort in structured social settings rather than chaotic ones
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4 - Thinking Extrovert 🧠 (+8 to +15)

You are intellectually curious and love engaging in deep discussions, but you don't necessarily need to be surrounded by people all the time. You may enjoy socializing in professional or academic settings, but you also value independent thought and quiet reflection.

🧠 **Strengths:** Analytical, great conversationalist, balanced energy between people & ideas

⚠️ **Challenges:** Can be dismissive of small talk, prefers intellectual conversations over casual interactions

Common Traits:

- ✓ Feels energized by debates and thought-provoking discussions
 - ✓ Can switch between socializing and solitude without much struggle
 - ✓ Prefers structured discussions rather than casual chitchat
 - ✓ Enjoys brainstorming with others but also values independent research
 - ✓ Can feel drained if socializing lacks depth or intellectual stimulation
-

5 - Ambivert (Balanced Introvert-Extrovert) ⚖️ (0 to +7)

You are a flexible personality type who can shift between introversion and extroversion based on your environment and energy levels. You enjoy socializing in moderation but also appreciate time alone. You likely find that too much of either extreme can leave you feeling off-balance.

👉 **Strengths:** Adaptable, balanced, intuitive in social settings

⚠️ **Challenges:** May struggle with consistency, unsure whether to seek solitude or social time

Common Traits:

- ✓ Can feel comfortable in both social and solitary settings
 - ✓ Enjoys people but only in the right environment
 - ✓ Can engage in small talk but prefers deeper conversations
 - ✓ Needs equal parts socializing and alone time to feel energized
 - ✓ May find certain days leaning toward introversion and others toward extroversion
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6 - Altruistic Extrovert ❤️ (0 to -7)

You are highly people-oriented but not in an attention-seeking way. Your social engagement is driven by a desire to connect, help, and support others. You're likely someone who enjoys volunteering, mentoring, or being a source of encouragement in your community.

👉 **Strengths:** Compassionate, great listener, emotionally intelligent

⚠️ **Challenges:** Can overextend themselves for others, struggles to say no

Common Traits:

- ✓ Enjoys helping people and building meaningful relationships
- ✓ Engages in social activities with a sense of purpose
- ✓ Finds joy in mentoring or supporting others
- ✓ Is often seen as dependable and warm-hearted
- ✓ May feel exhausted by superficial socializing but thrives in meaningful connections

7 - Adventurous Extrovert 🌍 (-8 to -15)

You thrive in dynamic, fast-paced environments and enjoy new experiences, challenges, and excitement. You are drawn to social activities that offer something unexpected—whether that’s travel, adventure, or spontaneous gatherings.

🔋 **Strengths:** Energetic, spontaneous, adaptable, optimistic

⚠️ **Challenges:** Can struggle with long-term commitments, gets bored easily

Common Traits:

- ✓ Loves travel, festivals, and group activities
 - ✓ Feels restless when routine sets in
 - ✓ Often the one making plans and bringing people together
 - ✓ Enjoys new challenges and learning through experiences
 - ✓ Needs freedom and variety to feel engaged
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8 - Assertive Extrovert 🧳 (-16 to -23)

You naturally take charge of situations and enjoy being a leader. Whether in your career, social life, or daily interactions, you have a strong presence and don’t hesitate to speak your mind.

🔋 **Strengths:** Confident, goal-oriented, decisive

⚠️ **Challenges:** Can be perceived as dominating, struggles with patience

Common Traits:

- ✓ Takes initiative in conversations and group activities
- ✓ Comfortable speaking in meetings, debates, and presentations
- ✓ Prefers action over extended reflection
- ✓ Enjoys fast decision-making and problem-solving
- ✓ Often seen as the natural leader in group settings

9 - Social Extrovert 🧑🏻 (-24 to -31)

You love being around people and find socializing to be one of the most fulfilling aspects of life. Whether it's networking, parties, or casual meetups, you thrive on social energy.

🔍 **Strengths:** Outgoing, engaging, excellent communicator

⚠️ **Challenges:** Can struggle with alone time, may avoid deep introspection

Common Traits:

- ✓ Enjoys large social gatherings and networking events
- ✓ Finds silence uncomfortable and prefers engaging with people
- ✓ Gets energized by spontaneous interactions
- ✓ Loves being around a variety of people

10 - Expressive Extrovert 🥳 (-32 to -40)

You are the life of the party—a natural entertainer who loves attention and thrives in social situations.

🔍 **Strengths:** Charismatic, persuasive, highly engaging

⚠️ **Challenges:** Can struggle with boundaries, dislikes solitude

Common Traits:

- ✓ Comfortable with public speaking and performing
- ✓ Enjoys being the center of attention
- ✓ Finds socializing essential to happiness

Hey Voyager!

Every journey begins with a single step—and the courage to take it. Life is not just a destination; it's a voyage filled with challenges, discoveries, and moments of growth. To navigate it well, we need more than motivation; we need a system—a compass to guide us, a map to keep us on course, and tools to help us adapt when the winds shift. That's why I wrote ***"PERSONAL SYSTEMS: A Revolutionary Goal Setting Systems to Organize Your Mind, Take Control of Your Life" (COMING SOON!)***

This book is designed to empower you to set purposeful goals, create actionable plans, and embrace a transformational journey rooted in clarity and balance. It's about taking control of your life, one intentional step at a time.

If you're ready to chart your course toward meaningful change, I invite you to explore this book and uncover the tools to design a life that reflects your values, dreams, and unique strengths.

Let's stay touch with us! Your voyage awaits.

Warm regards,

Janice Lo

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