No. 16-26-VJ7E-T70T



The Antakshari Star

Turns any long journey into a celebration.

PREPARED FOR	ANSWERS	TIME TAKEN	COMPLETED
Kavya	32	8m 34s	23 Oct 2026

PRINTED FOR ONE PERSON · TRAITATLAS · 2026 ·

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ESFP: The Celebrator

You are lively, warm and spontaneous. You love people, enjoy the moment and bring fun, energy and practical help wherever you go.

Kavya, your four letters are **ESFP**. Your clearest lean is **Perceiving** on Lifestyle, so start with that row on the report sheet below.

For Kavya Menon

Your report, in numbers

32 statements you answered	**4** preferences explained for you	**12** everyday examples
5 sections built from your answers	**4** weeks of plan	**1** page for your own notes

How this report was made

Method	This test scores four two-ended preferences: Energy (Introverted or Extraverted), Information (Sensing or Intuitive), Decisions (Thinking or Feeling) and Lifestyle (Judging or Perceiving). Each preference has eight statements, four keyed each way. Most statements come from the public-domain International Personality Item Pool (IPIP) and relate to the Big Five factors Extraversion, Openness, Agreeableness and Conscientiousness; the rest are TraitAtlas statements written in the same style. Your letter for each preference is the side you score on, and the bar shows how clear that preference is. The type descriptions and characters are TraitAtlas's own. This is an independent framework and is not affiliated with any other type test.
Credit	Includes items from the International Personality Item Pool (ipip.ori.org), public domain. Type descriptions and characters by TraitAtlas.
Your scores	Worked out from your answers with a fixed, versioned scoring key. Nothing is changed by hand, and AI never changes a score.
Version	sixteen-types-v1, Introductory framework



Printed for Kavya
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Your preferences

E	S	F	P
Extraverted	Sensing	Feeling	Perceiving
Slight	Slight	Slight	Slight

Energy — E
Introverted (I) to Extraverted (E)

Information — S
Sensing (S) to Intuitive (N)

Decisions — F
Thinking (T) to Feeling (F)

Lifestyle — P
Perceiving (P) to Judging (J)

Each scale has two sides. The letter shows the side you lean to, and a bar further from the middle means a clearer lean. Near the middle, you use both sides comfortably.

> **You keep plans loose and decide on the day.**
> From your Lifestyle result

At a glance

Your strongest signals

Extraverted · Sensing · Feeling · Perceiving

What it can look like

A free evening means calling friends to make a plan.

Try this week

Set one goal for the next six months and write it down.

Your neighbour type

Your type ESFP
The Antakshari Star

Neighbour ISFP
The Terrace Gardener

Your E (Energy) is slight, so you're close to I. **ISFP, The Terrace Gardener**, may fit you too. Read both and keep what's true.

ISFP, The Quiet Creator: You are gentle, sensitive and creative. You live by your own values, notice beauty and feeling in everyday life and express yourself more in actions than words.

- Kind and accepting of others
- Creative, with an eye for beauty
- Loyal to your values

Your type ESFP
The Antakshari Star

Neighbour ENFP
The Road-Trip Starter

Your S (Information) is slight, so you're close to N. **ENFP, The Road-Trip Starter**, may fit you too. Read both and keep what's true.

ENFP, The Possibility Spotter: You are enthusiastic, imaginative and warm. You see possibilities everywhere, connect with people easily and bring energy to new ideas.

- Generates exciting ideas
- Connects easily with people
- Inspires and motivates

You're probably the one who starts the songs on a long car ride.

Your joy is contagious. A little planning makes it last longer.

Your report

Energy

Extraverted

You recharge with people and activity and tend to think out loud.

In everyday life

- A free evening means calling friends to make a plan.
- You think out loud and figure things out while talking.
- Too much time alone makes you restless.

Good to know: This is about energy, not confidence. Introverts can be great speakers and extraverts can enjoy quiet.

Information

Sensing

You trust facts, experience and practical detail, and like ideas that can be used today.

In everyday life

- You want to see how something works in practice before you trust it.
- You remember the facts and the details of what happened.
- Clear, step-by-step instructions suit you best.

Good to know: Both sides notice detail and ideas. The question is which you trust first.

Decisions

Feeling

You decide with people and values in mind, and care how a decision lands.

In everyday life

- You think about how a decision will make people feel.
- You remember birthdays and notice when someone is upset.
- Harmony in the group matters a lot to you.

Good to know: Thinking doesn't mean cold and Feeling doesn't mean soft. Both care about good decisions.

Lifestyle

Perceiving

You like to keep options open and adapt as you go.

In everyday life

- You keep plans loose and decide on the day.
- You do your best work close to the deadline.
- Too many fixed plans feel like a cage.

Good to know: Judging doesn't mean judgemental. It's about liking things decided and planned.

Your strengths

- Brings fun and energy
- Warm and generous with people
- Practical and hands-on
- Adapts quickly to change
- Notices what people need right now
- Great at lifting the mood

When strengths are overused

- Can avoid planning or long-term thinking
- May get distracted easily
- Can take criticism personally
- May overspend time or money in the moment

How you communicate

- Be friendly and upbeat
- Show, don't just tell
- Keep feedback kind and specific

Your best environment

Lively people, variety, hands-on tasks and room to have fun.
Under stress you may become scattered, avoid problems or seek distraction.

Your type in four scenes

Group project

You make the presentation lively and keep the team laughing through late nights. Put the submission date in your calendar the day it's announced.

Family function

You're first on the dance floor at the wedding, and you've pulled your shy cousin up with you. The photos are better because you were there.

Exam or deadline week

You study better with friends around, until the chat becomes the main event. Short sessions with a small reward at the end work well for you.

A disagreement

Criticism stings, so you may laugh it off or change the topic. Ask one question about what your friend meant before you react.

Getting along across the letters

I **With people who lean I:** give them time to think. A message before the meeting gets you a better answer than a question on the spot.

N **With people who lean N:** start with the big picture and why it matters. The step-by-step can come once they're interested.

T **With people who lean T:** lead with the point, then the feeling. Their bluntness isn't coldness.

J **With people who lean J:** agree on one date together. It calms them and costs you little.

Answers that went both ways

Information Your answers went both ways on this scale, so it may depend on the situation.

Decisions Your answers went both ways on this scale, so it may depend on the situation.

Stress, step by step

1. Sets it off	2. You might	3. What helps
Heavy criticism, long stretches of dull work, or a tense mood at home.	Get scattered, avoid the problem, or look for distraction and fun.	Write the one problem down, work on it for twenty minutes, then do something you enjoy.

Three next steps

1
Set one goal for the next six months and write it down.

2
Use a calendar for every promise this week.

3
When you get feedback, ask one question before reacting.

About this report

- A type is a simple summary of four preferences, not a box. Scores near the middle mean you use both sides comfortably.
- Results are self-reported and can shift with context, mood and life stage.
- Types describe preferences, not abilities or job competence, and should not be used for hiring or promotion decisions.
- Positions are relative to the scale range, not to a population norm group.
- Not a clinical or psychometric diagnosis
- Not affiliated with any other type test
- Not for hiring or promotion decisions

Version sixteen-types-v1, Introductory framework. Questions or concerns about this report: support@traitatlas.local

Your 30-day plan

Written for your four letters, **ESFP**.

Week 1 · Notice

Track your promises

- [ ] Write down every plan you agree to this week, with the date and time.

Week 2 · Experiment

Finish before the fun

- [ ] Each day, finish one small task before you meet friends or open your phone.

Week 3 · Ask

One question before reacting

- [ ] When you get feedback this week, ask one question about it before you reply.

Week 4 · Review

Set a six-month goal

- [ ] Check which promises you kept, then write one goal for the next six months.

Tick each week off by hand as you go.

What surprised me

What I'll try

Your pocket label

Cut along the dashed line. Keep it in your wallet, or pin it by your desk.

16 Personality Types

16-26-VJ7E-T70T



The Antakshari Star

Extraverted · Sensing · Feeling

What I bring: Brings fun and energy; Warm and generous with people; Practical and hands-on.

Kavya · TraitAtlas

85.6 × 54 mm, the size of a bank card, so it fits a wallet or an ID sleeve. Print at 100% (actual size).

KAVYA'S ATLAS · 3 OF 6 LABELS COLLECTED

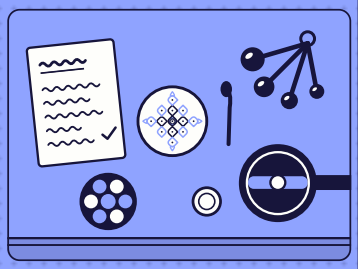
Every test prints a new label.

Four Styles



The Sangeet Starter

Big Five Personality



The Trusted Recipe

16 Personality Types — This report



The Antakshari Star

Career Interest Explorer

NOT YET PRINTED

Who will you be?

Values & Motivation

NOT YET PRINTED

Who will you be?

Work Style & Preferences

NOT YET PRINTED

Who will you be?

FOUND THIS REPORT?

Which everyday character are you?

55 characters from everyday Indian life, from The Monsoon Express to The Kite Flyer. Answer for about 10 minutes and get your own printed label.

- **Choose with more confidence.** See the work, courses and places where you're likely to do your best.
- **Work and live better with people.** Learn how you come across, what drains you and what refills you.
- **Move towards what you want.** Every report ends with a 30-day plan you can start this week.



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