GIFTS

OF THE INTUITIVE THEORIST

300

INTJ STRENGTHS TO TRY

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Sample Exercises

The following is a sample set of fifteen exercises from my book, *Gifts of the Intuitive Theorist: 300 INTJ Strengths to Try*. The full book is available for purchase at a reasonable price at https://www.friendlyskies.net/intj

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1. Estimate your average casual walk length in minutes. Take a walk that is 25% longer than that.

2. Research new and upcoming theatres of conflict & warfare.

3. Inquire into yoga. What are the various types of yoga practice? Who recommends them, and why?

4. Plan out the specifications of an underwater vehicle.

5. Visualize a potential framework that you could use to maximize your everyday performance. See yourself benefiting from it in your mind's eye. Then write down the first few steps of developing your framework, or set of rules.

6. Write a manifesto that describes your unique perspective on a given topic.

7. List or map out the various systems in use in your living quarters. Plumbing, electrical, ventilation, etc. Identify key points of operation.

8. Estimate expenses for a 2-week bicycle tour near your location. (***See below, where I provide an example method for approaching this exercise.***)

9. Develop guidelines for quality education. Who is actually using similar guidelines?

10. Create a new set of flash cards for something you'd like to memorize. For example, a few phrases of a new language.

11. Research common health problems suffered by dentists.

12. Research the authors of your favorite books. Have they published anything new? Anything old which you haven't yet read?

13. Find cracks in the local or national power structure.

14. Learn about three principles of graphic design that are new to you.

15. Learn about the forms of life most likely to exist in your jacket pocket.

Example: How I Approach an Exercise

For this example, I'll **dive into** item number 8. It sounds fun, I enjoy cycling, and I might even try it someday. So it'll be nice to know about how much such a thing would cost. **Remember, a key point here is to dive in, get thinking, and see what happens. Act as if you'll actually be carrying it out. Get it out of your mind and onto paper.**

8. Estimate expenses for a 2-week bicycle tour near your location.

I like to **start with the big picture first, list options, and figure out what sounds most desirable**. I have *lots* of options.

As a first option, I know I could go for **touring distance**, and spend at least six hours a day in the saddle. That's quite a bit of travel, at the low end around 45 miles / 60 km per day. It might be fun to tell someone I biked to another state, or a city far away. This idea **came to mind first**, and I was tempted to stay with it, but I kept imagining a really boring cycling tour. **Keep reading, and you'll see why I'm glad I kept going and developed several options**.

As a second option, I could go for **leisure**, and spend a lot of time just enjoying myself, with a minimum of distance to cover. One unique idea that came to mind was a **public library cycling tour**, which would give me ample time to introvert myself while enjoying free internet service, readily available restrooms and water, and access to books, comics, magazines, newspapers, and more. I love a good public library. **I notice I get a strong intuitive sense** of "this is the one! Do this one!" but I'm going to **keep my options open and keep exploring**. This is getting interesting.

As a third option, I could ride over to the coast, which will take just one day of cycling. That would be a lot of fun. I could hike, nap on the beach, etc.

As a fourth option, I could also blend the two and go for a **public libraries of the California coast bicycle tour**. Now we're talking! If I get tired of the library, I could grab some great food and head to the beach for some napping. Then I could go on a hike at a nearby trail, or walk the bluffs for a

while. **My intuition is having a great time helping me picture fun activities** in my mind already.

At this point I get an **intuition that I should check the weather**. What if it rains? I'll bet it will rain, and that would suck. **Instead of giving in to the inner grump** though, I'm going to **complete the intuitive thinking loop** by doing some **sensing**: I'll **check to see what the actual, expected weather** is, according to weather radar.

For some reason, I expected it would rain. But **contrary to my doubtful intuition, the forecast shows no rain is expected**. (Yes, I really did check the weather—I'm not pretending here.) I'm glad I did the sensing! Of course, I'm an INTJ contingency planner, so I'll still bring some basic rain gear, but I'm certain I'll have plenty of options should it start raining. Rain is no longer a barrier! Hooray.

That's it: I'm going to take the ride and try option four. I'm excited already.

Next I'll dive into the expenses, **keeping it big-picture for now**.

Income lost: (Example) $2000 I would have made at work during this period, minus my normal daily food expenses. So let's say $1900.

Food expenses, daily: I'll bring some food for my long first day out to the coast, so I'll need to pay for 13 days of food. I'm comfortable grabbing simple foods from the grocery store for a couple of meals a day, with one meal out. So I'll estimate that I'm going to average around $25 a day, and then try to conserve that where I have opportunities to do so by **optimizing** for both food cost *and* food quality. Subtotal: $325.

Lodging expenses, daily: I like to camp, and I'm comfortable doing so. However, this is a vacation. I think I'd like to spend at least three or four of my twelve nights in local hotels, especially those with hot tubs. I'll estimate those nights at $125, for a $500 hotel budget, and **while I'm doing this an intuition pops into mind: I could go with a friend or family member, and we'd share expenses**. That would certainly cut costs...but who would that friend be? An important question, for an introvert. I'll think about this one later. My brief internet search suggests $50 per night

as a conservative camping fee. So as a subtotal here, let's say lodging will cost me $500 for hotels and $400 for camping: $900.

Miscellaneous expenses, daily: I'll estimate that I'll spend around $20 daily on miscellaneous expenses, and then try to save as much of that as possible as I go, keeping a log of my expenses as a way of **thinking with concrete information**. I'm starting with a big-picture estimate here, and I'll work on that more as I have time. Subtotal: $280.

Well: It looks like this trip will cost me around $3,405, with $1,505 of that coming out of my pocket. But man, that's *two weeks off of work*, with memories to last a lifetime. This is looking like a very tempting vacation.

Things to Notice

OK, let's bring this example to an end here—I hope it was informative.

First, notice that I was monitoring my thinking as I worked on this exercise. This is known as *thinking from a meta-perspective* (watching myself think), which is a great way to use our powerful INTJ intuition. If you struggle with an exercise, **try to think in zoomed-out perspectives**, reviewing big-picture information before deciding to get detailed. **It can be tempting to get into details early, but you can miss big & important points.**

Second, you'll see that I caught myself **limiting my options**. I started to think as if I *had to* take a long-distance bicycle tour! This kind of "first intuition wins" thinking comes naturally to INTJs quite often, particularly when we're sick, tired, stressed, or generally not feeling good. So I hung in there and tried to list some other ideas, and I'm glad I did.

Third, be sure to read over the bold print above, and see if you can isolate particular patterns that might be helpful to you. Extract the patterns and re-use. Try to figure out ways in which you can monitor and change your thinking as needed, to help you achieve better outcomes in your own life.

Keep in mind that this was just one exercise out of over 300 in the book! I hope you can see how the **exercises** can be a life-changing in this way, provided you put in a **little bit of effort**. Let me know how it goes!