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How to Identify Detail Energy	How to Identify People Energy	How to Identify Action Energy	How to Identify social Energy
<b>DETAIL</b>	<b>PEOPLE</b>	<b>ACTION</b>	<b>SOCIAL</b>
Detail's are 'intense', serious, and 'deep' thinkers. They care strongly about things and it's important to them that things are as close to perfection as possible.	People's are calm and submissive; they wish for peace and quiet, a simple life free of worries and conflict. Compromising to achieve peace is more important than being right.	Action's are tough, strong, focused and determined. They set their minds on a goal and strive to achieve it, to get things done. They do not back down when challenged.	social's are fun-loving and easy-going. They believe that people who take things too seriously need to take a chill pill, get a life, go out and have some fun.

## INTROVERTED ENERGY

Introversion is a preference to focus on the world inside the self. Introverts are highly aware of their inner world of perceptions, thoughts, ideas, beliefs, and feelings. They are also highly aware of their surroundings, noticing details that others don't see. However, they are not quick to discuss their thoughts, feelings or observations, as they prefer to internalise them. They involve themselves minimally in activities which demand their direct interaction with a large group of people.

## AMBIVERTED ENERGY

The lesser-known personality type "ambivert" is a good balance between introversion and extroversion, one that falls in the middle of the introverted-extroverted spectrum. While extroverts are brash, outgoing and impulsive and introverts are introspective, quiet and reserved; "ambiversion" describes people who display both extravert and introvert tendencies depending on the situation. In many ways, ambiverts have the best of both worlds and are able to tap into the strengths of both introverts and extraverts as needed.



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<b>Detail's</b> are 'intense', serious, and 'deep' thinkers. They care strongly about things and it's important to them that things are as close to perfection as possible.	<b>People's</b> are calm and submissive; they wish for peace and quiet, a simple life free of worries and conflict. Compromising to achieve peace is more important than being right.	<b>Action's</b> are tough, strong, focused and determined. They set their minds on a goal and strive to achieve it, to get things done. They do not back down when challenged.	<b>social's</b> are fun-loving and easy-going. They believe that people who take things too seriously need to take a chill pill, get a life, go out and have some fun.

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## AMBIVERTED ENERGY

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