WHAT'S YOUR MBTI SPORTS TYPE?

Table tennis
Focused concentration, serious contender

Diving
Performs tasks from memory with accuracy, grace and great posture!

Road cycling
Organised, supportive, appreciates the benefits of synchronicity

Shooting
Deep perspective, masterful technique, calm and determined

Triathlon
Adaptable, flexible, efficient

Swimming
Enjoys the here-and-now, likes having their own space

Lawn bowls
Long range vision, calm, strives for alignment and congruence

Badminton
Enjoys analysing and using logic for precise moves

Squash
Spontaneous, quick reactions

Hockey
Flexible, enjoys working with others and being at the centre of the action

Rhythmic gymnastics
Creative, imaginative, enjoys improvisation

Judo
Uses resourcefulness to achieve superior position

Rugby sevens
Ordered, logical, decisive and forceful in implementing plans

Athletics
Harmonious, accurate, wants contribution to be appreciated

Netball
Enjoys teamwork, highly attuned to those around them, responsive, agile

Boxing
Decisive, identifies inefficiencies, forceful in presenting ideas