

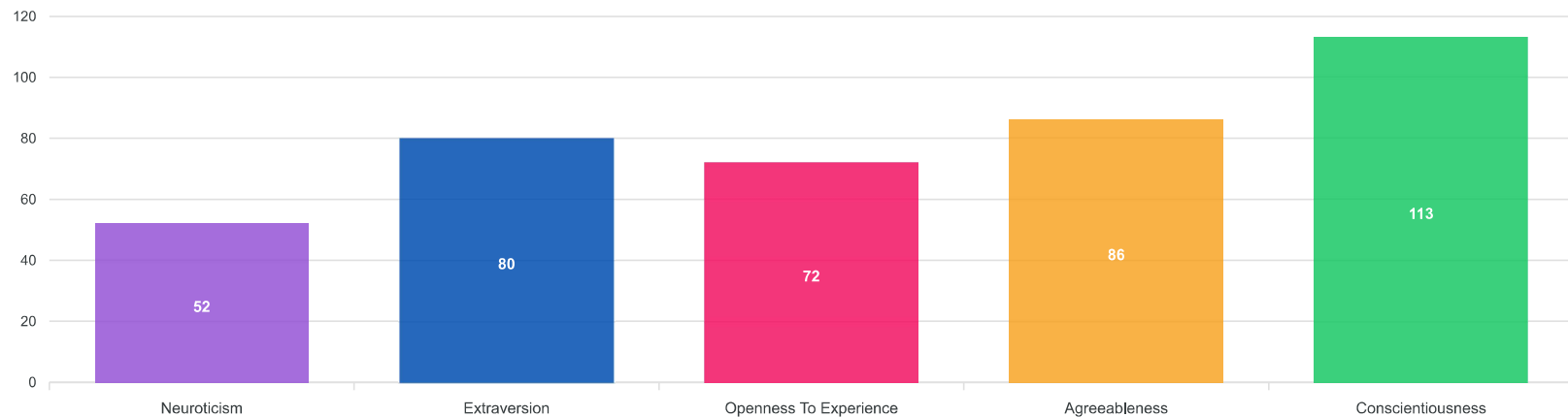


8/5/2025

Important! Save the following ID to see the results later or [compare](#) yourself to others

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The Big Five

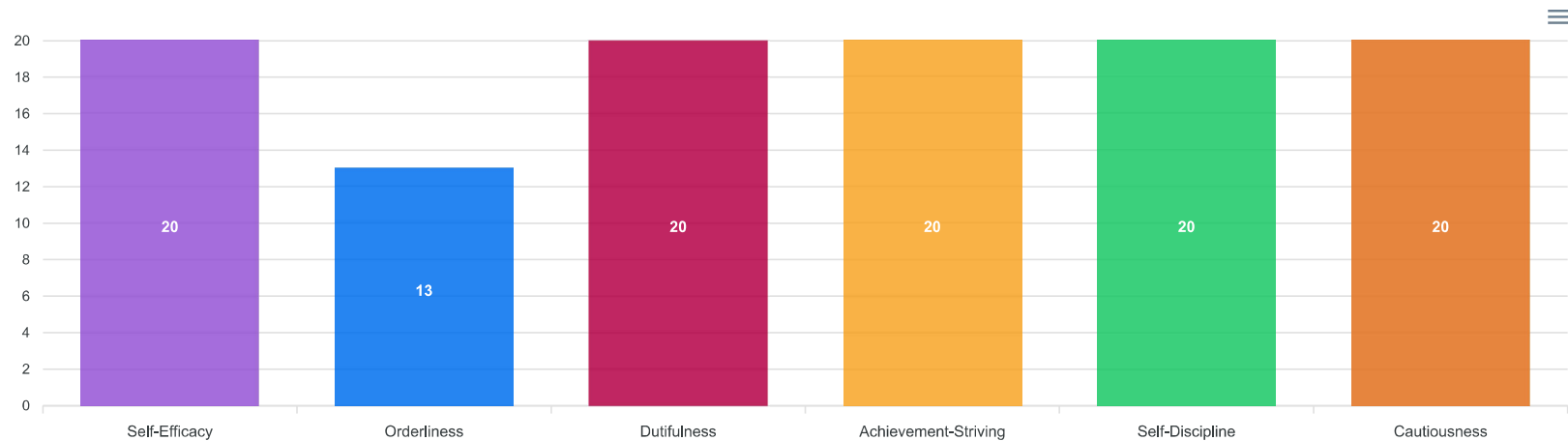


Conscientiousness

Conscientiousness concerns the way in which we control, regulate, and direct our impulses.

[Read more](#)

Your score on Conscientiousness is high. This means you set clear goals and pursue them with determination. People regard you as reliable and hard-working.



Self-Efficacy

score: 20 (high)

Self-Efficacy describes confidence in one's ability to accomplish things. High scorers believe they have the intelligence (common sense), drive, and self-control necessary for achieving success. Low scorers do not feel effective, and may have a sense that they are not in control of their lives.

Orderliness

score: 13 (high)

Persons with high scores on orderliness are well-organized. They like to live according to routines and schedules. They keep lists and make plans. Low scorers tend to be disorganized and scattered.

Dutifulness

score: 20 (high)

This scale reflects the strength of a person's sense of duty and obligation. Those who score high on this scale have a strong sense of moral obligation. Low scorers find contracts, rules, and regulations overly confining. They are likely to be seen as unreliable or even irresponsible.

Achievement-Striving

score: 20 (high)

Individuals who score high on this scale strive hard to achieve excellence. Their drive to be recognized as successful keeps them on track toward their lofty goals. They often have a strong sense of direction in life, but extremely high scores may be too single-minded and obsessed with their work. Low scorers are content to get by with a minimal amount of work, and might be seen by others as lazy.

Self-Discipline

score: 20 (high)

Self-discipline-what many people call will-power-refers to the ability to persist at difficult or unpleasant tasks until they are completed. People who possess high self-discipline are able to overcome reluctance to begin tasks and stay on track despite distractions. Those with low self-discipline procrastinate and show poor

follow-through, often failing to complete tasks-even tasks they want very much to complete.

Cautiousness

score: 20 (high)

Cautiousness describes the disposition to think through possibilities before acting. High scorers on the Cautiousness scale take their time when making decisions. Low scorers often say or do first thing that comes to mind without deliberating alternatives and the probable consequences of those alternatives.



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