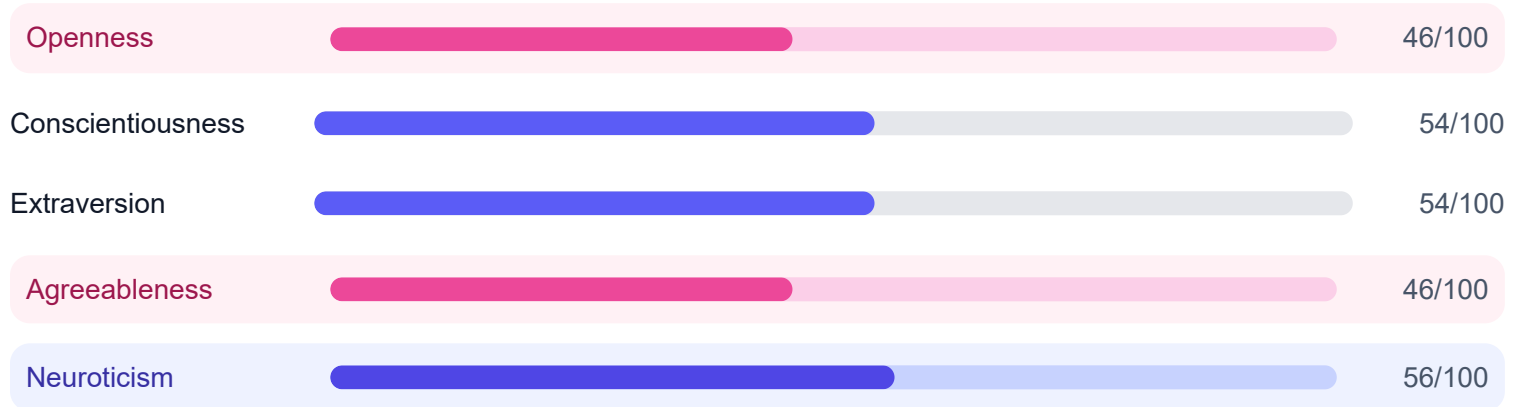


Your Personality Profile

Generated on February 6, 2026

Big Five snapshot

Profile shape: Balanced profile (range 10 points across traits).



Highest: **Neuroticism (56/100)**. Lowest: **Openness (46/100)** and **Agreeableness (46/100)** (tied).

How to read this report

- Scores are on a 0–100 scale based on your responses (not population percentiles).
- Differences under ~7 points are often small; focus on patterns and facet spread.
- Traits are not “good” or “bad” — each has upsides, trade-offs, and context.
- This is for personal insight only and is not a medical or diagnostic tool.

How You Compare to Others

Your trait rank order is Neuroticism, Conscientiousness, Extraversion, Openness, Agreeableness.

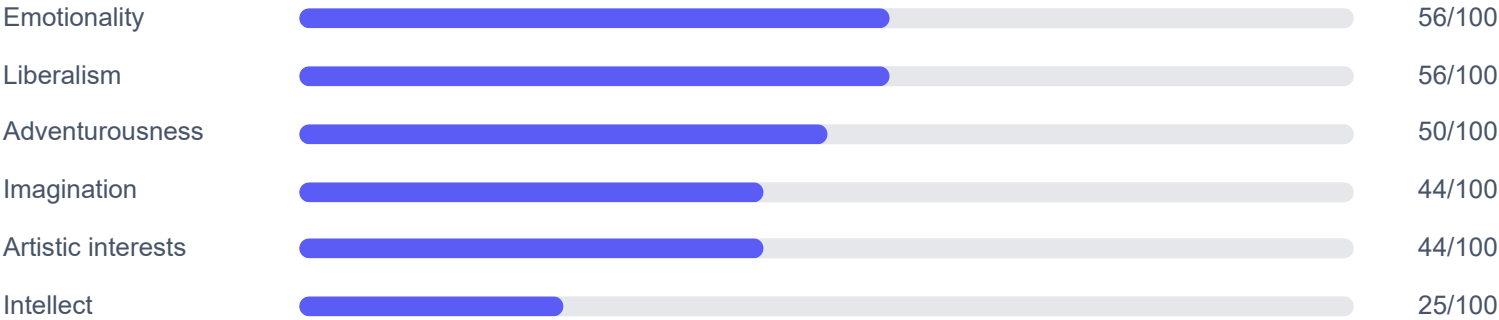
Openness - Balanced (46/100)

Your openness is balanced (46/100). Within this trait, Emotionality (56/100) stands out most, while Intellect (25/100) is lowest facet.

Facet spread: Mixed (range 31 points).

Facet scores show a blend of steadier areas and sharper contrasts within this trait. (Range 31, stdev 10.5.)

Facet breakdown



- Your strongest facet: Emotionality (56/100).
- Your weakest facet: Intellect (25/100).

Your Openness score is balanced. You can flex this trait depending on the situation, balancing it with other strengths.

Strengths

- You can blend creativity with practicality when tackling challenges.
- You stay open to new ideas while valuing proven approaches.

Watch-outs

- You seek out occasional novelty to keep your thinking flexible.
- You give yourself permission to experiment in low-risk ways.

Try this this week

Schedule 10 minutes to explore a new idea, then capture one practical next step.

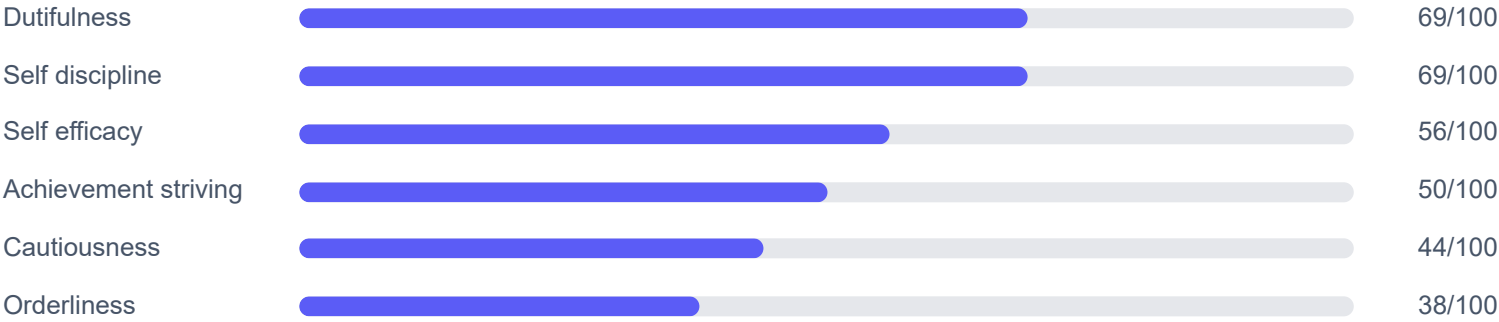
Conscientiousness - Balanced (54/100)

Your conscientiousness is balanced (54/100). Within this trait, Dutifulness (69/100) stands out most, while Orderliness (38/100) is lowest facet.

Facet spread: Mixed (range 31 points).

Facet scores show a blend of steadier areas and sharper contrasts within this trait. (Range 31, stdev 11.7.)

Facet breakdown



- Your strongest facet: Dutifulness (69/100).
- Your weakest facet: Orderliness (38/100).

Your Conscientiousness score is balanced. You can flex this trait depending on the situation, balancing it with other strengths.

Strengths

- You balance structure with adaptability in your approach.
- You can plan ahead while staying open to change.

Watch-outs

- You build simple routines to support your goals.
- You clarify priorities to avoid unnecessary stress.

Try this this week

Pick one priority and set a 15-minute timer to complete a focused first step.

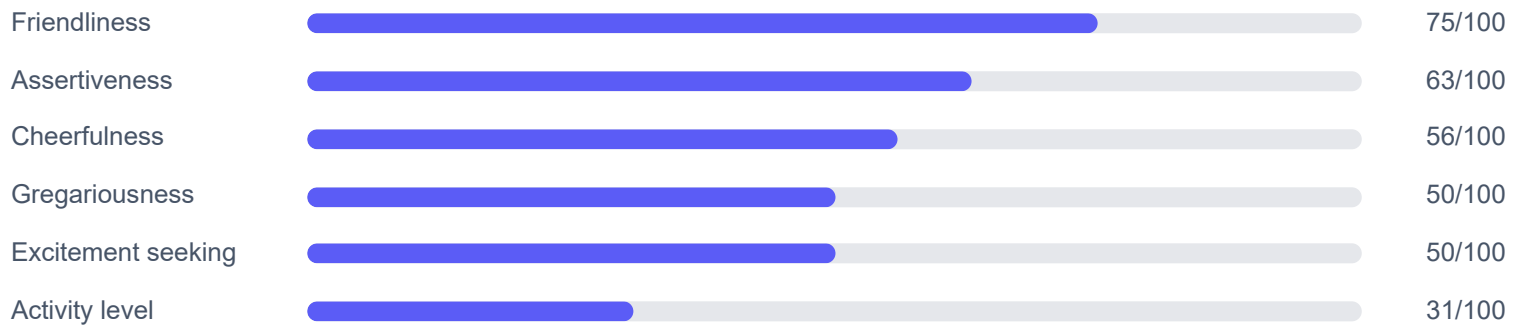
Extraversion - Balanced (54/100)

Your extraversion is balanced (54/100). Within this trait, Friendliness (75/100) stands out most, while Activity level (31/100) is lowest facet.

Facet spread: Mixed (range 44 points).

Facet scores show a blend of steadier areas and sharper contrasts within this trait. (Range 44, stdev 13.5.)

Facet breakdown



- Your strongest facet: Friendliness (75/100).
- Your weakest facet: Activity level (31/100).

Your Extraversion score is balanced. You can flex this trait depending on the situation, balancing it with other strengths.

Strengths

- You can engage socially while still valuing downtime.
- You adapt to both collaborative and independent work.

Watch-outs

- You notice when you need more stimulation versus quiet focus.
- You lean into networking when it aligns with your goals.

Try this this week

Reach out to one person for a brief check-in and ask a thoughtful question.

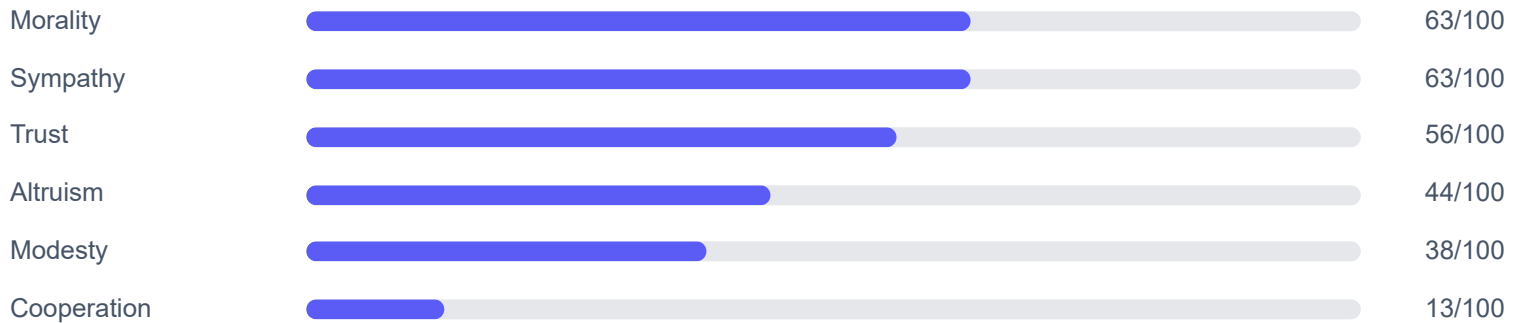
Agreeableness - Balanced (46/100)

Your agreeableness is balanced (46/100). Within this trait, Morality (63/100) stands out most, while Cooperation (13/100) is lowest facet.

Facet spread: Spiky (range 50 points).

Facet scores swing sharply across this trait, highlighting pronounced highs and lows. (Range 50, stdev 17.5.)

Facet breakdown



- Your strongest facet: Morality (63/100).
- Your weakest facet: Cooperation (13/100).

Your Agreeableness score is balanced. You can flex this trait depending on the situation, balancing it with other strengths.

Strengths

- You balance empathy with honest feedback.
- You can collaborate while maintaining your own perspective.

Watch-outs

- You lean into curiosity when conflict arises.
- You offer appreciation explicitly to reinforce connection.

Try this this week

Offer one small act of support while stating a clear, respectful boundary.

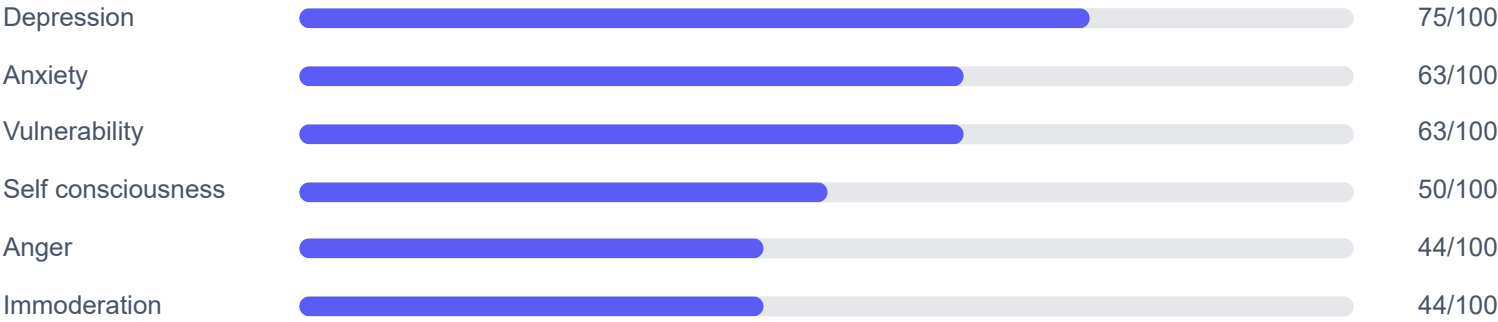
Neuroticism - Balanced (56/100)

Your neuroticism is balanced (56/100). Within this trait, Depression (75/100) stands out most, while Immoderation (44/100) is lowest facet.

Facet spread: Mixed (range 31 points).

Facet scores show a blend of steadier areas and sharper contrasts within this trait. (Range 31, stdev 11.4.)

Facet breakdown



- Your strongest facet: Depression (75/100).
- Your weakest facet: Immoderation (44/100).

Your Neuroticism score is balanced. You can flex this trait depending on the situation, balancing it with other strengths.

Strengths

- You balance emotional awareness with steady resilience.
- You can stay calm while still noticing risks.

Watch-outs

- You use grounding routines when stress levels rise.
- You name emotions early to keep them manageable.

Try this this week

Take a 2-minute reset: breathe slowly and name the feeling before moving forward.

Your pattern

Your top traits are Neuroticism and Conscientiousness. It suggests you balance emotional awareness with steady resilience. Meanwhile, Conscientiousness adds another layer: you balance structure with adaptability in your approach.

30-day action plan

Lean into: Conscientiousness

- You balance structure with adaptability in your approach.
- You can plan ahead while staying open to change.

Support: Openness

- You seek out occasional novelty to keep your thinking flexible.
- You give yourself permission to experiment in low-risk ways.

Stress reset: stress-response sensitivity

- Acknowledge your stress-response sensitivity and name the first signal you notice (tension, restlessness, or worry).
- Take a 2-minute reset: breathe slowly and name the feeling before moving forward.

1-week micro-habit



You spend 7 days dedicating 10 minutes to a Neuroticism-aligned action each morning, then end the day by naming one Agreeableness-related moment you handled with care.

Resources & methodology

- Scores are normalized on a 0–100 scale from your questionnaire responses (not percentiles).
- The Big Five framework is widely used in personality research; facets show how traits show up in daily life.
- This report is for personal insight only and does not diagnose or treat any mental health condition.