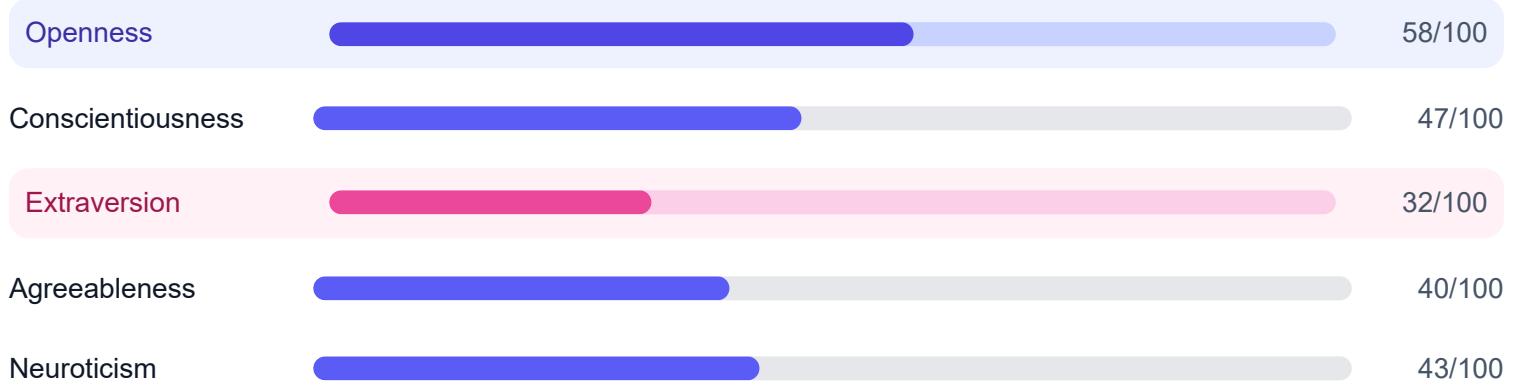


# Your Personality Profile

Generated on February 6, 2026

## Big Five snapshot

**Profile shape:** Mixed profile (range 26 points across traits).



Highest: **Openness (58/100)**. Lowest: **Extraversion (32/100)**.

## 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 Openness, Conscientiousness, Neuroticism, Agreeableness, Extraversion.

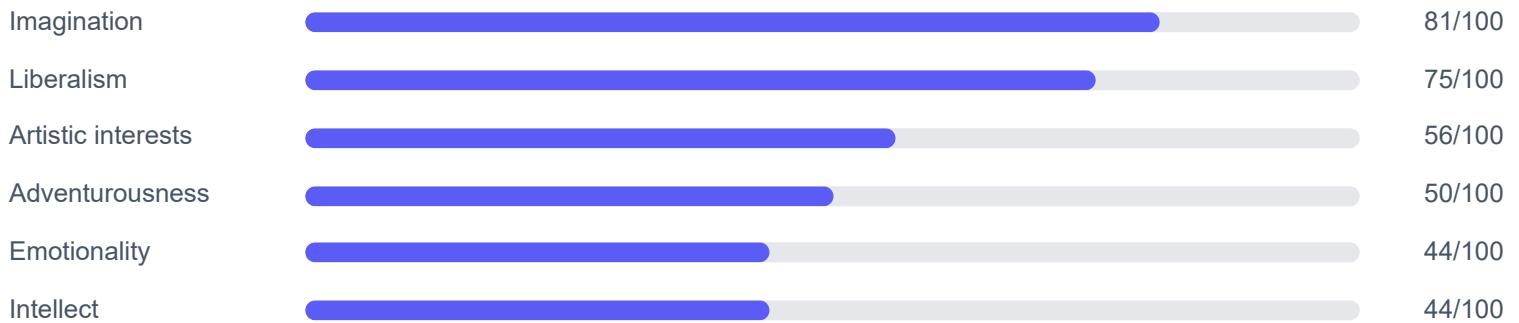
## Openness - Balanced (58/100)

Your openness is balanced (58/100). Within this trait, Imagination (81/100) stands out most, while Intellect (44/100) is lowest facet.

**Facet spread:** Mixed (range 37 points).

Facet scores show a blend of steadier areas and sharper contrasts within this trait. (Range 37, stdev 14.6.)

### Facet breakdown



- Your strongest facet: Imagination (81/100).
- Your weakest facet: Intellect (44/100).

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 (47/100)

Your conscientiousness is balanced (47/100). Within this trait, Achievement striving (81/100) stands out most, while Orderliness (31/100) is lowest facet.

**Facet spread:** Spiky (range 50 points).

Facet scores swing sharply across this trait, highlighting pronounced highs and lows. (Range 50, stdev 15.9.)

### Facet breakdown

Achievement striving		81/100
Self efficacy		44/100
Dutifulness		44/100
Self discipline		44/100
Cautiousness		38/100
Orderliness		31/100

- Your strongest facet: Achievement striving (81/100).
- Your weakest facet: Orderliness (31/100).

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.

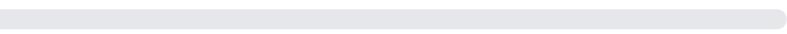
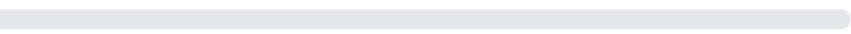
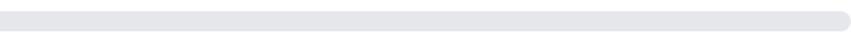
## Extraversion - Low (32/100)

Your extraversion is low (32/100). Within this trait, Assertiveness (69/100) stands out most, while Excitement seeking (19/100) is lowest facet.

**Facet spread:** Spiky (range 50 points).

Facet scores swing sharply across this trait, highlighting pronounced highs and lows. (Range 50, stdev 17.1.)

### Facet breakdown

Assertiveness	 	69/100
Friendliness	 	31/100
Activity level	 	31/100
Cheerfulness	 	25/100
Gregariousness	 	19/100
Excitement seeking	 	19/100

- Your strongest facet: Assertiveness (69/100).
- Your weakest facet: Excitement seeking (19/100).

Your Extraversion score is low. You rely on this trait less, leaning on other qualities in most situations.

### Strengths

- You are thoughtful, observant, and comfortable with quiet focus.
- You listen deeply and avoid unnecessary distractions.

### Watch-outs

- You seek supportive social settings to expand your comfort zone.
- You practice sharing ideas early rather than waiting too long.

### Try this this week

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

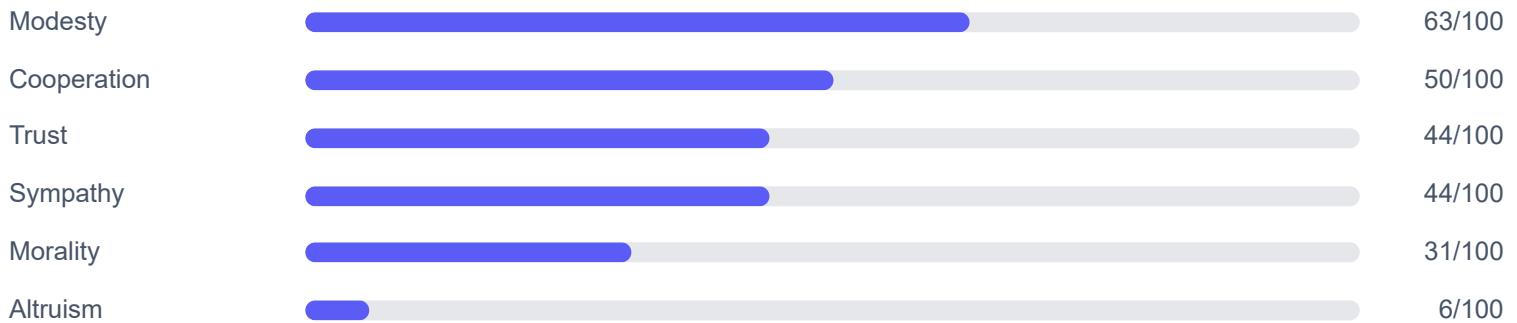
## Agreeableness - Balanced (40/100)

Your agreeableness is balanced (40/100). Within this trait, Modesty (63/100) stands out most, while Altruism (6/100) is lowest facet.

**Facet spread:** Spiky (range 57 points).

Facet scores swing sharply across this trait, highlighting pronounced highs and lows. (Range 57, stdev 17.8.)

### Facet breakdown



- Your strongest facet: Modesty (63/100).
- Your weakest facet: Altruism (6/100).

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 (43/100)

Your neuroticism is balanced (43/100). Within this trait, Depression (56/100) stands out most, while Anger (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 12.1.)

### Facet breakdown



- Your strongest facet: Depression (56/100).
- Your weakest facet: Anger (25/100).

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 Openness and Conscientiousness. It suggests you can blend creativity with practicality when tackling challenges. Meanwhile, Conscientiousness adds another layer: you balance structure with adaptability in your approach.

## 30-day action plan

### Lean into: Openness

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

### Support: Extraversion

- You seek supportive social settings to expand your comfort zone.
- You practice sharing ideas early rather than waiting too long.

### 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 an Openness-aligned action each morning, then end the day by naming one Extraversion-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.