

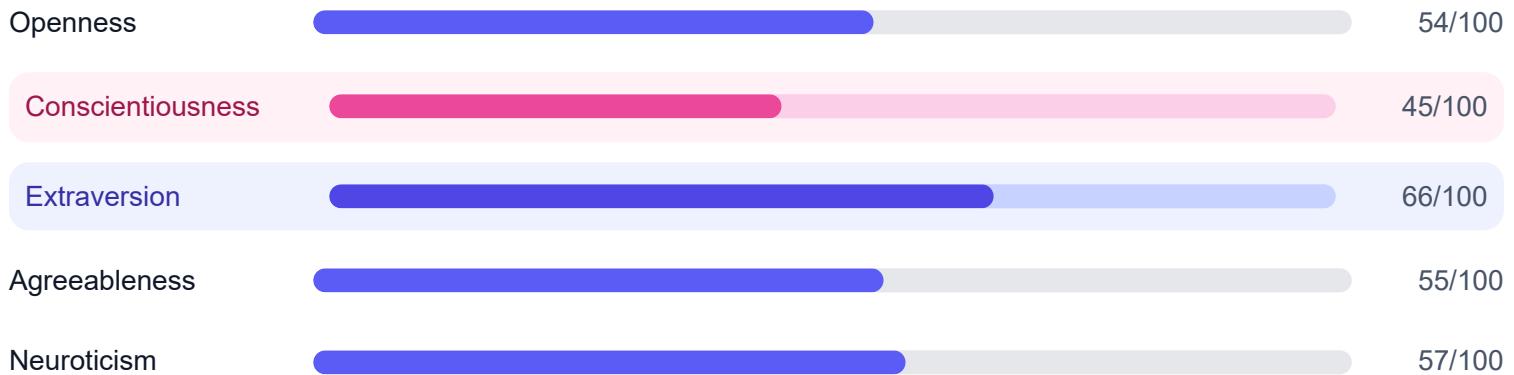
# Your Personality Profile

Generated on February 19, 2026

## Big Five snapshot

**Profile shape:** Mixed profile (range 21 points across traits).

**Snapshot shape:** You show clear peaks in **Extraversion**, with quieter zones in **Conscientiousness**.



Highest: **Extraversion (66/100)**. Lowest: **Conscientiousness (45/100)**.

Most pronounced facet: Friendliness (88/100). Lowest facet: Gregariousness (50/100).

Extraversion reflects how you typically think, feel, and respond. You can flex this trait depending on the situation, balancing it with other strengths.

## 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.

## Your trait rank order

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

Percentile snapshot (when available):

- Openness: 54/100
- Conscientiousness: 45/100
- Extraversion: 66/100
- Agreeableness: 55/100
- Neuroticism: 57/100

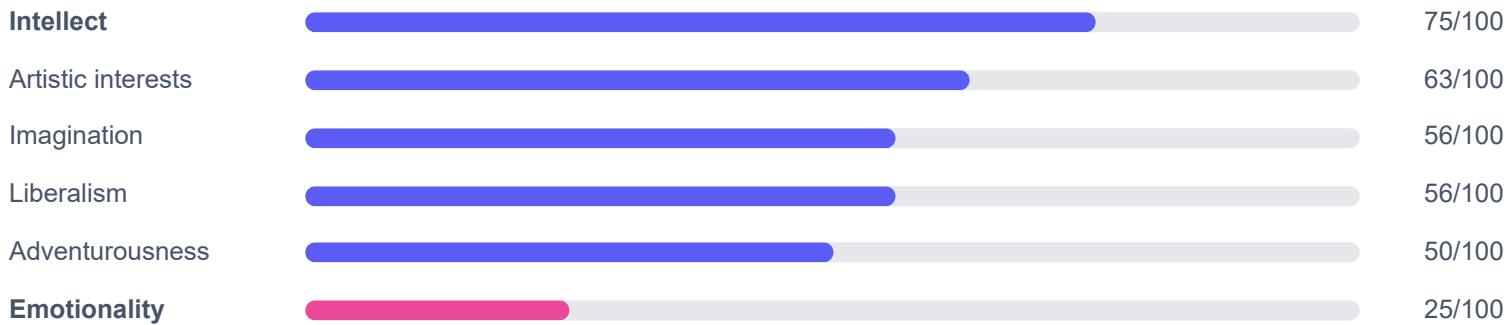
## Openness - Balanced (54/100)

Your openness is balanced (54/100). Within this trait, Intellect (75/100) stands out most, while Emotionality (25/100) is the lowest facet.

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

Facet scores differ noticeably across this trait, with clearer highs and lows. (Range 50 points.)

### Facet breakdown



- Most pronounced facet: Intellect (75/100).
- Lowest facet: Emotionality (25/100).

Openness reflects how you typically think, feel, and respond. 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.

### Balance tips

- 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.

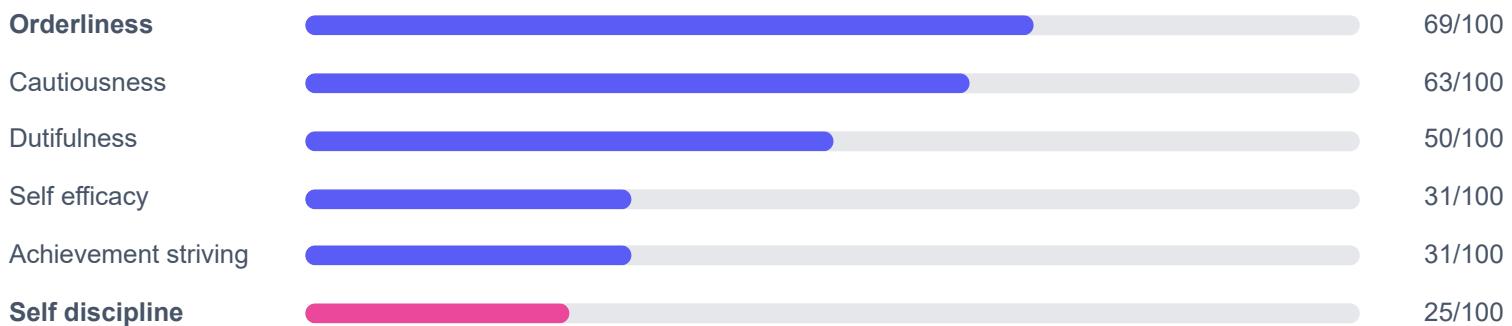
## Conscientiousness - Balanced (45/100)

Your conscientiousness is balanced (45/100). Within this trait, Orderliness (69/100) stands out most, while Self discipline (25/100) is the lowest facet.

**Facet spread:** Mixed (range 44 points).

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

### Facet breakdown



- Most pronounced facet: Orderliness (69/100).
- Lowest facet: Self discipline (25/100).

Conscientiousness reflects how you typically think, feel, and respond. 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.

### Balance tips

- 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.

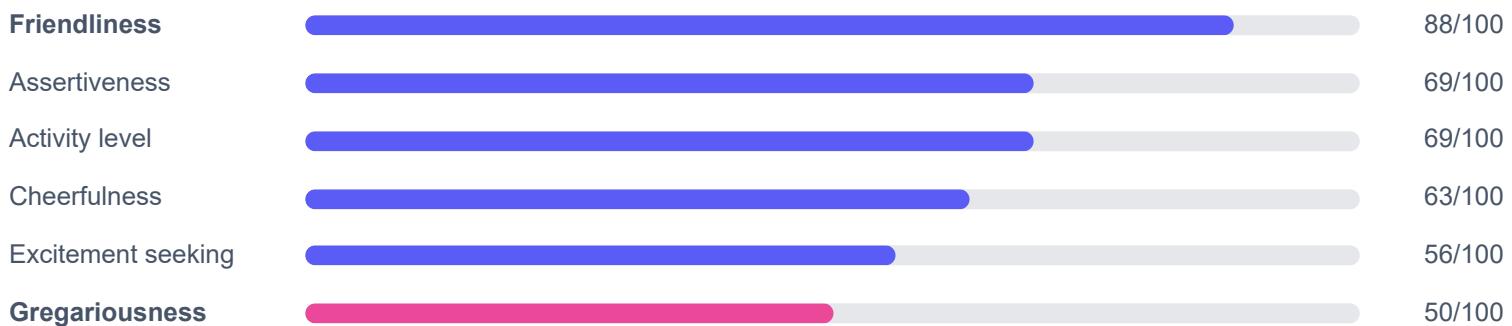
## Extraversion - Balanced (66/100)

Your extraversion is balanced (66/100). Within this trait, Friendliness (88/100) stands out most, while Gregariousness (50/100) is the lowest facet.

**Facet spread:** Mixed (range 38 points).

Facet scores show a blend of steadier areas and sharper contrasts within this trait. (Range 38 points.)

### Facet breakdown



- Most pronounced facet: Friendliness (88/100).
- Lowest facet: Gregariousness (50/100).

Extraversion reflects how you typically think, feel, and respond. 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.

### Balance tips

- 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.

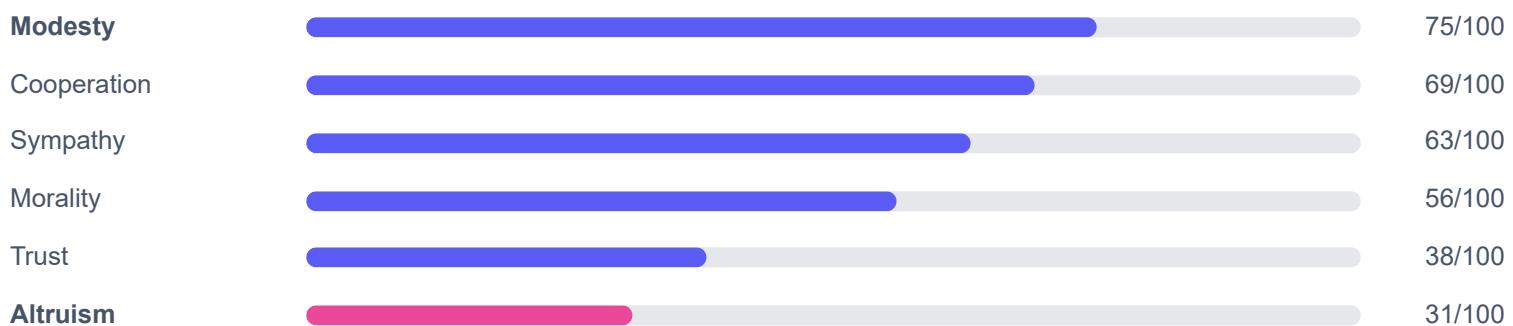
## Agreeableness - Balanced (55/100)

Your agreeableness is balanced (55/100). Within this trait, Modesty (75/100) stands out most, while Altruism (31/100) is the lowest facet.

**Facet spread:** Mixed (range 44 points).

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

### Facet breakdown



- Most pronounced facet: Modesty (75/100).
- Lowest facet: Altruism (31/100).

Agreeableness reflects how you typically think, feel, and respond. 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.

### Balance tips

- 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.

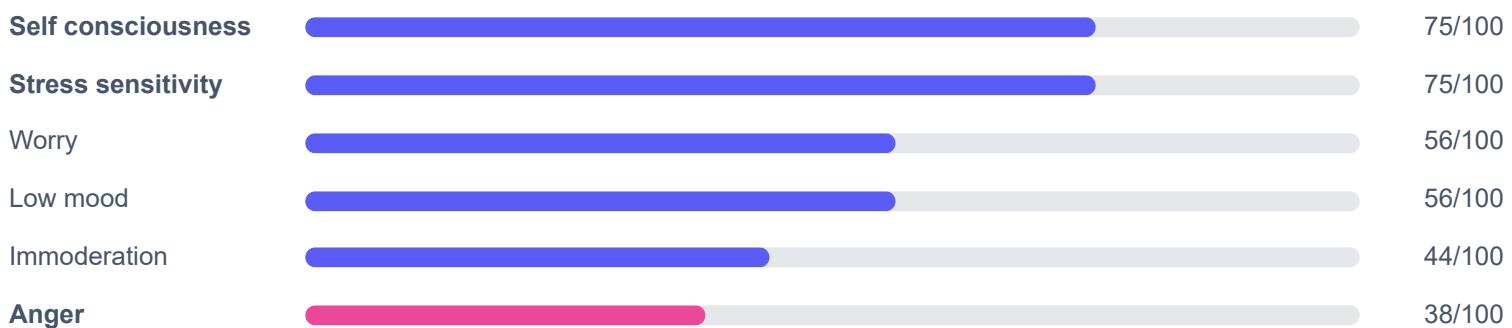
## Neuroticism - Balanced (57/100)

Your neuroticism is balanced (57/100). Within this trait, Self consciousness (75/100) stands out most, while Anger (38/100) is the lowest facet.

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

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

### Facet breakdown



- Most pronounced facet: Self consciousness (75/100).
- Lowest facet: Anger (38/100).

Neuroticism reflects how you typically think, feel, and respond. 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.

### Balance tips

- 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 Extraversion and Neuroticism. It suggests you can engage socially while still valuing downtime. Meanwhile, Neuroticism adds another layer: you balance emotional awareness with steady resilience.

## 30-day action plan

### Lean into: Extraversion

- Reach out to one person for a brief check-in and ask a thoughtful question.
- You can engage socially while still valuing downtime.

### Support: Conscientiousness

- Pick one priority and set a 15-minute timer to complete a focused first step.
- You build simple routines to support your goals.

### 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.
- Use a quick regulation technique: slow breathing, grounding through the senses, or a brief reset walk.

## 1-week micro-habit



- Morning (10 min): Send one short message to initiate a supportive conversation.
- Evening (1 min): Reflect on one interaction that gave you energy.

## 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.