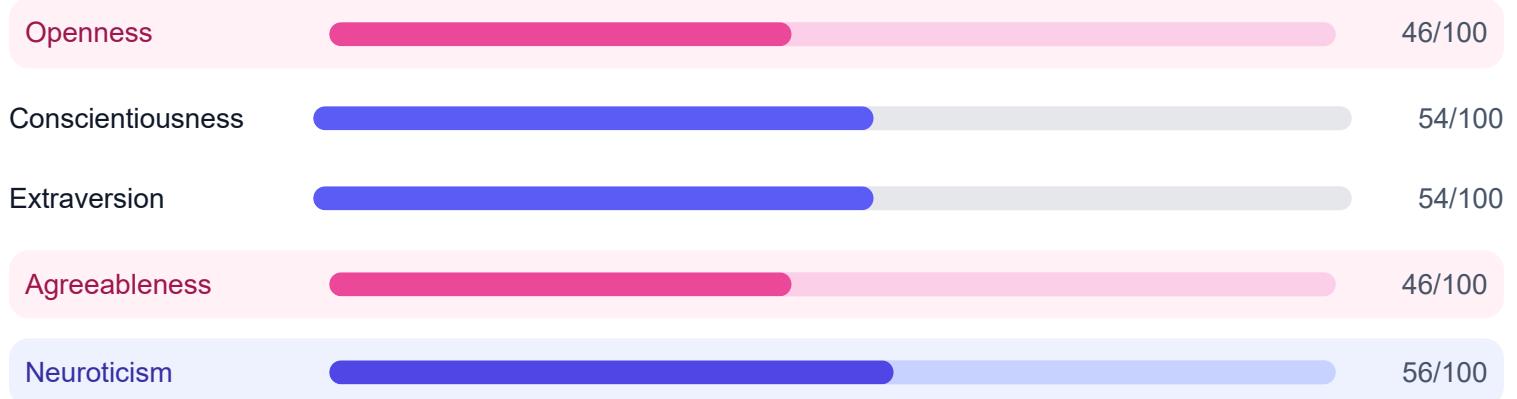


# Your Personality Profile

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.

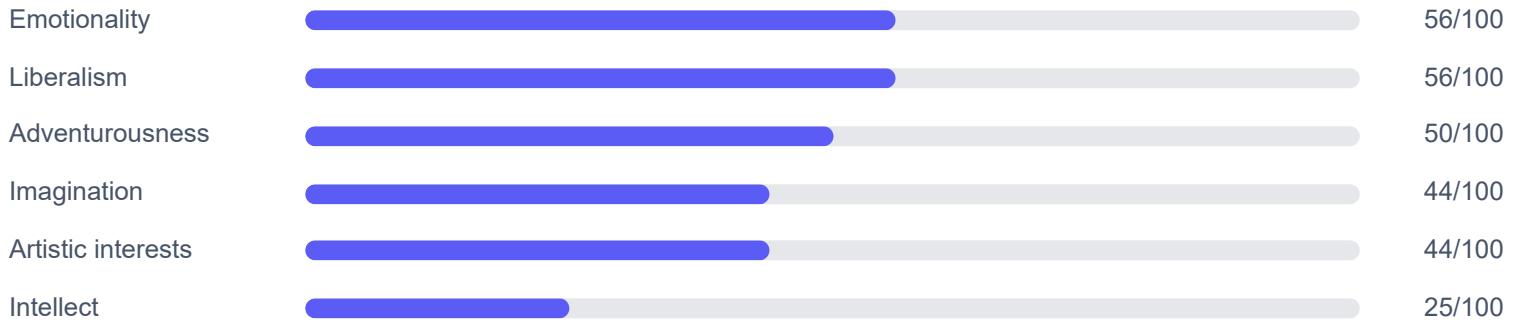
## Openness - Balanced (46/100)

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.

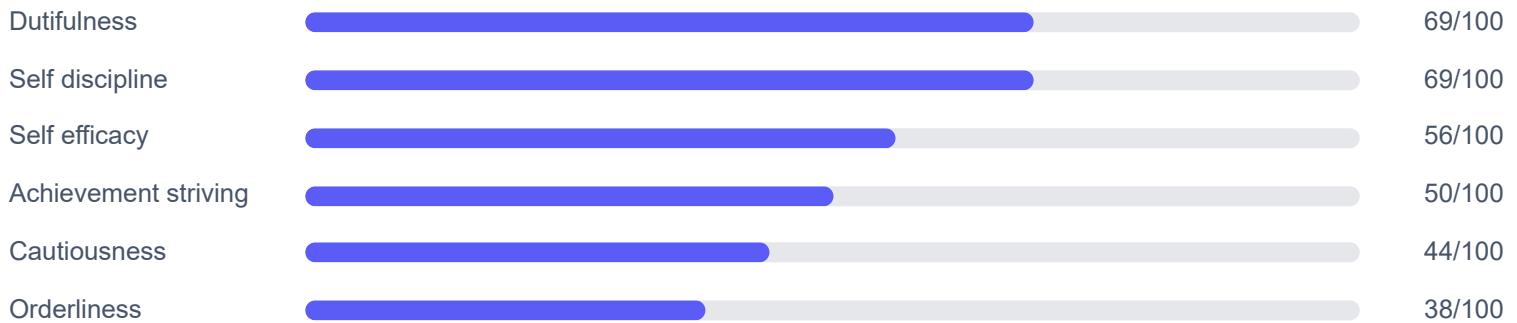
## Conscientiousness - Balanced (54/100)

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.

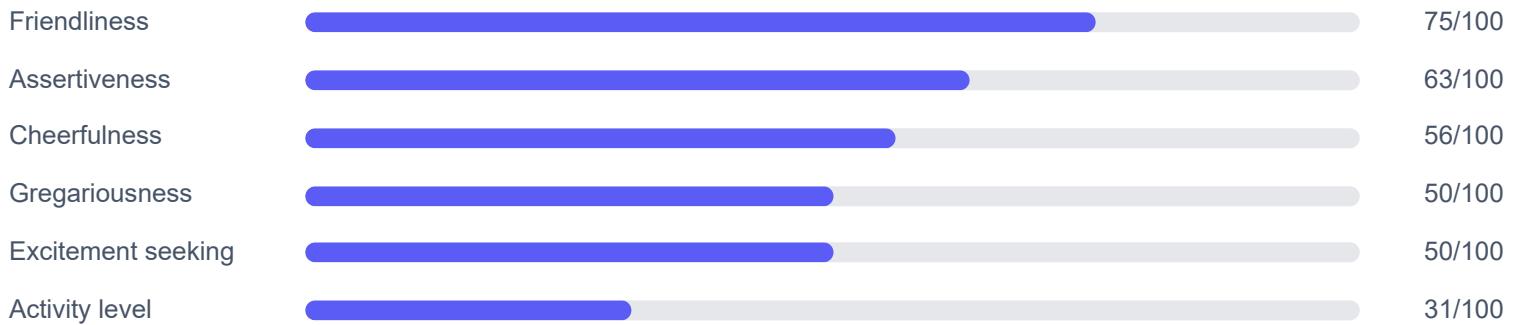
## Extraversion - Balanced (54/100)

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.

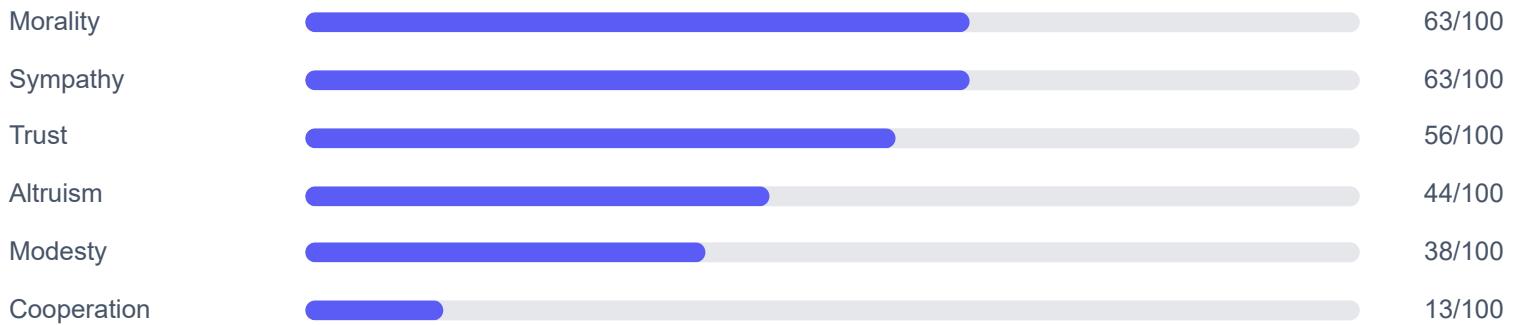
## Agreeableness - Balanced (46/100)

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.

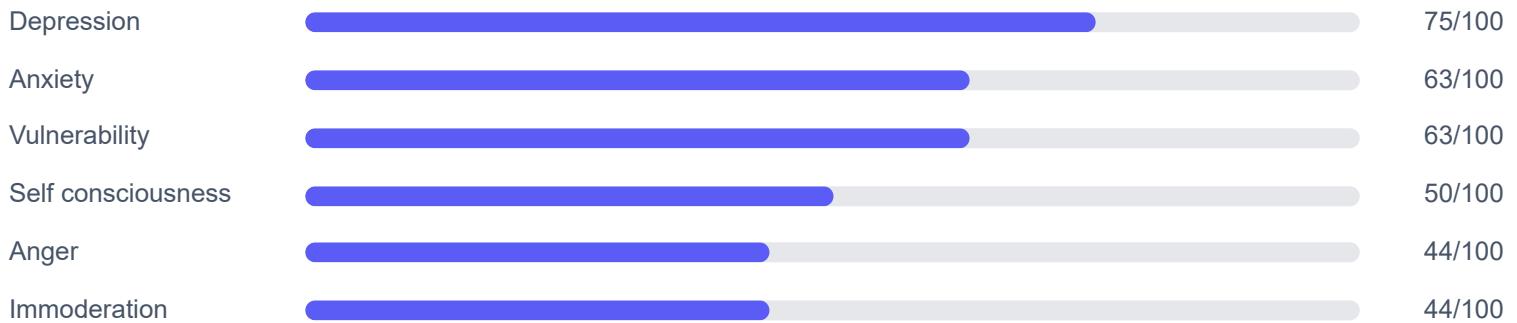
## Neuroticism - Balanced (56/100)

Your neuroticism is balanced (56/100). Within this trait, Depression (75/100) stands out most, while Imm Moderation (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: Imm Moderation (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.