

Your Personality Profile

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Big Five snapshot



Profile shape: Mixed

Highest trait: **Agreeableness**. Lowest trait: **Openness**.

Your strongest facet: Modesty (75/100). Your weakest facet: Sympathy (38/100).

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

How to read this report

- Scores reflect tendencies, not fixed labels or limitations.
- Traits live on a spectrum—context and goals can shift how they show up.
- Use the strengths and watch-outs as prompts for action, not judgment.
- Combine this report with lived experience and feedback from people you trust.

How You Compare to Others

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

Openness — Low (32/100)

Openness shows its strongest facet in Intellect, while your weakest facet is Liberalism. Overall, your Openness is low.

- Your strongest facet: Intellect (50/100).
- Your weakest facet: Liberalism (6/100).

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

Facet spread

Mixed

Facet scores show a blend of steadier areas and sharper contrasts within this trait. (Range 44, stdev 16.8.)



Strengths

- You value proven methods and keep your focus on what works.
- Your practical thinking helps you stay grounded.

Watch-outs

- You try small experiments to expand your comfort zone.
- You invite fresh perspectives to avoid blind spots.

Micro-action

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

Conscientiousness — Balanced (46/100)

Conscientiousness shows its strongest facet in Dutifulness, while your weakest facet is Self discipline. Overall, your Conscientiousness is balanced.

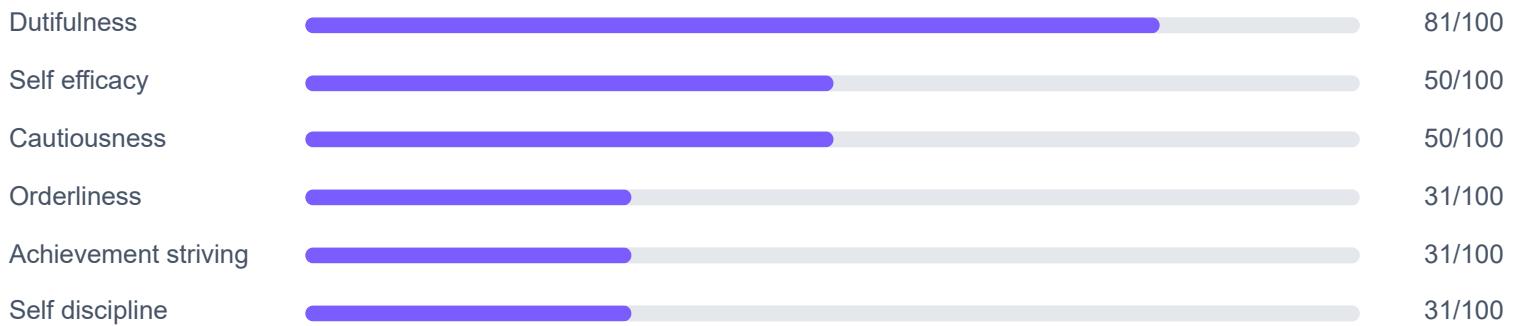
- Your strongest facet: Dutifulness (81/100).
- Your weakest facet: Self discipline (31/100).

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

Facet spread

Spiky

Facet scores swing sharply across this trait, highlighting pronounced highs and lows. (Range 50, stdev 17.9.)



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.

Micro-action

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

Extraversion — Balanced (51/100)

Extraversion shows its strongest facet in Friendliness, while your weakest facet is Gregariousness. Overall, your Extraversion is balanced.

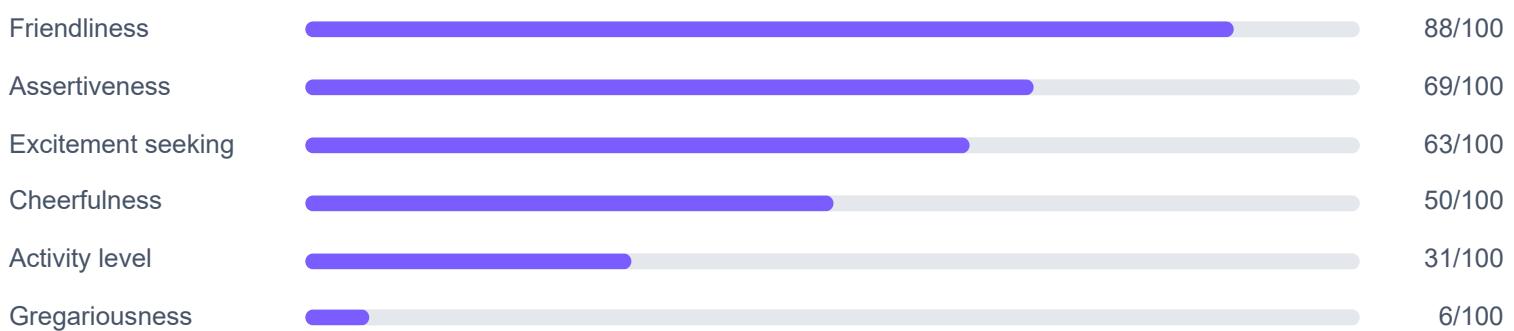
- Your strongest facet: Friendliness (88/100).
- Your weakest facet: Gregariousness (6/100).

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

Facet spread

Spiky

Facet scores swing sharply across this trait, highlighting pronounced highs and lows. (Range 82, stdev 26.7.)



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.

Micro-action

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

Agreeableness — Balanced (53/100)

Agreeableness shows its strongest facet in Modesty, while your weakest facet is Sympathy. Overall, your Agreeableness is balanced.

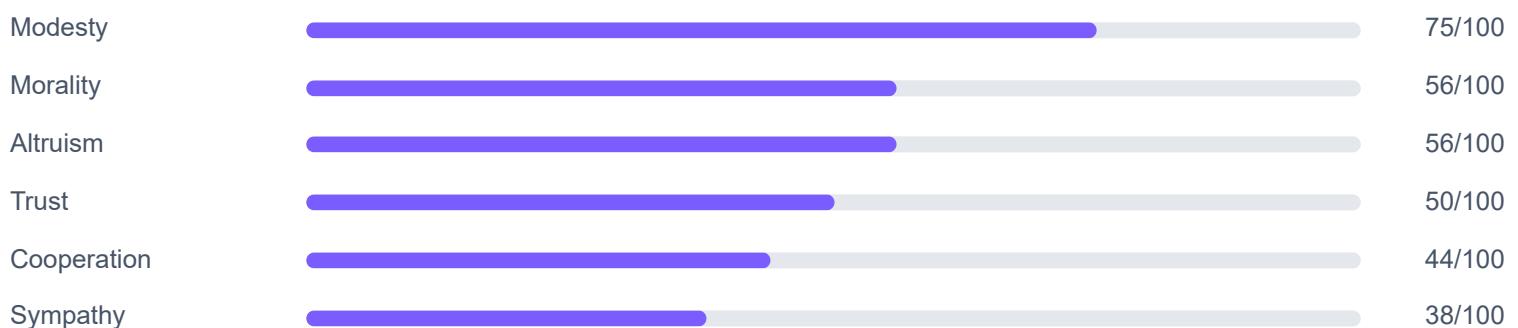
- Your strongest facet: Modesty (75/100).
- Your weakest facet: Sympathy (38/100).

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

Facet spread

Mixed

Facet scores show a blend of steadier areas and sharper contrasts within this trait. (Range 37, stdev 11.7.)



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.

Micro-action

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

Neuroticism — Balanced (40/100)

Neuroticism shows its strongest facet in Self consciousness, while your weakest facet is Immoderation. Overall, your Neuroticism is balanced.

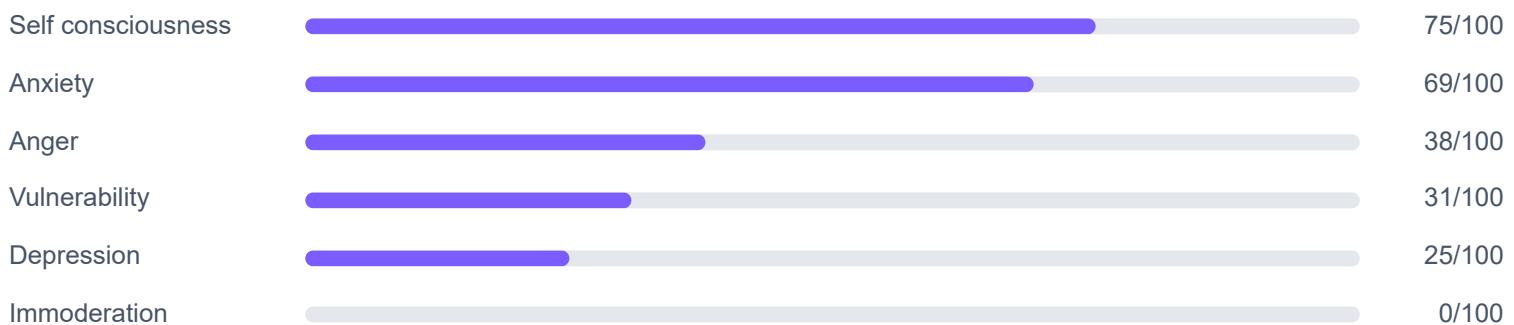
- Your strongest facet: Self consciousness (75/100).
- Your weakest facet: Immoderation (0/100).

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

Facet spread

Spiky

Facet scores swing sharply across this trait, highlighting pronounced highs and lows. (Range 75, stdev 25.7.)



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.

Micro-action

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

Your pattern

Your top traits are Agreeableness and Extraversion. It suggests you balance empathy with honest feedback. Meanwhile, Extraversion adds another layer: you can engage socially while still valuing downtime.

30-day action plan

Lean into: Agreeableness

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

Support: Openness

- You try small experiments to expand your comfort zone.
- You invite fresh perspectives to avoid blind spots.

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 Agreeableness-aligned action each morning, then end the day by naming one Openness-related moment you handled with care.

Resources/methodology

Your scores are normalized on a 0–100 scale (not percentiles) based on your responses to the Big Five inventory. This report is for personal insight only and does not diagnose or treat any mental health condition.

Openness

- [Openness to experience \(overview\)](https://en.wikipedia.org/wiki/Openness_to_experience) — https://en.wikipedia.org/wiki/Openness_to_experience
- [Openness \(APA Dictionary of Psychology\)](https://dictionary.apa.org/openness) — <https://dictionary.apa.org/openness>

Conscientiousness

- [Conscientiousness \(overview\)](https://en.wikipedia.org/wiki/Conscientiousness) — <https://en.wikipedia.org/wiki/Conscientiousness>
- [Conscientiousness \(APA Dictionary of Psychology\)](https://dictionary.apa.org/conscientiousness) — <https://dictionary.apa.org/conscientiousness>

Extraversion

- [Extraversion \(overview\)](https://en.wikipedia.org/wiki/Extraversion) — <https://en.wikipedia.org/wiki/Extraversion>
- [Extraversion \(APA Dictionary of Psychology\)](https://dictionary.apa.org/extraversion) — <https://dictionary.apa.org/extraversion>

Agreeableness

- [Agreeableness \(overview\)](https://en.wikipedia.org/wiki/Agreeableness) — <https://en.wikipedia.org/wiki/Agreeableness>
- [Agreeableness \(APA Dictionary of Psychology\)](https://dictionary.apa.org/agreeableness) — <https://dictionary.apa.org/agreeableness>

Neuroticism

- [Neuroticism \(overview\)](https://en.wikipedia.org/wiki/Neuroticism) — <https://en.wikipedia.org/wiki/Neuroticism>
- [Neuroticism \(APA Dictionary of Psychology\)](https://dictionary.apa.org/neuroticism) — <https://dictionary.apa.org/neuroticism>