

# FIVE FACTOR MODEL OF PERSONALITY

## The "Big Five"

### 1. Openness To Experience *your growth mindset*

Preserver (0-30%)	Moderate (31-69%)	Explorer (70-100%)
You think in plain terms, value tradition, and are reluctant to change	You value tradition but are willing to try new things, innovative but practical	You are curious, imaginative, and like to try new things

### 2. Conscientiousness *how you focus on work and goals*

Flexible (0-30%)	Balanced (31-69%)	Focused (70-100%)
You are spontaneous, dislike precise detail, and buck against orderliness	You are reasonably reliable, organized, and self-controlled	You like routine, details, and have a high sense of duty

### 3. Extraversion *your sociability*

Introvert (0-30%)	Ambivert (31-69%)	Extravert (70-100%)
You prefer working alone, are private, reserved, and serious	You like a balance of solitude and socialization	You enjoy working with others, are outgoing and sociable

### 4. Agreeableness *how you get along with others*

Challenger (0-30%)	Negotiator (31-69%)	Adapter (70-100%)
You are blunt and skeptical, and prefer competition over cooperation	You have a concern for others' needs, but will generally put yourself first	You are compassionate, sensitive, patient, kind, and good-natured

### 5. Negative Emotionality *how you respond to stress*

Resilient (0-30%)	Responsive (31-69%)	Reactive (70-100%)
You are even-tempered, easy-going, confident, and not easily upset	You are somewhat upset by stressful situations, but can cope with them	You are anxious, insecure, and prone to emotional distress