

Please help me learn more about my personality

I am trying to learn more about myself so that I can live my best possible life, and I would like your help. Please read the short descriptions below and give me a rating for each on the scales.

Your Name: _____

How Open do you think I am?

Openness refers to a person's willingness and excitement around engaging in new activities and experiences. Someone who scores high in openness is more likely to be excited about new opportunities and exploring unconventional thinking and beliefs. A person who scores low in openness, on the other hand, is more likely to feel nervous and uncomfortable in unknown circumstances and tends to be more cautious and sceptical about new ideas and beliefs.

1	2	3	4	5	6	7	8	9	10
I am not					I'm very				
open at all					open				

How Conscientious do you think I am?

Conscientiousness refers to the desire to do one's jobs well and thoroughly, with a high level of awareness of actions and their consequences. People who score high in conscientiousness are usually very self-motivated, goal-oriented, punctual, dependable and tidy. People who score lower in conscientiousness are usually less organised and are more impulsive and spontaneous. They are often late and need more external pressure to be motivated and to achieve goals.

1	2	3	4	5	6	7	8	9	10
I'm not					I'm very				
conscientious					conscientious				

How Extrovert do you think I am?

People who score high in extroversion are usually very social individuals who like spending time with people, enjoy meeting new people and generally tend to have large social circles. People who score low in extroversion are referred to as introverts. Introverts often tend to be quieter and can be shy around new people. However, it's important to note that extroversion and introversion are not the same as being outgoing or shy. Introverts often don't engage with new people not because they are too scared or insecure, but because they don't want to invest the energy.

1	2	3	4	5	6	7	8	9	10
I'm very					I'm very				
Introverted					Extraverted				

How Agreeable do you think I am?

People who score high in agreeableness are usually very compassionate and co-operative, always happy to support and help others and tend to trust people easily. They generally enjoy teamwork and do well within teams. People who score low in agreeableness are usually less concerned with pleasing others and are less focused on being likeable and making friends. However, this does not mean they aren't liked or don't have friends. It simply means they are less focused on pleasing others.

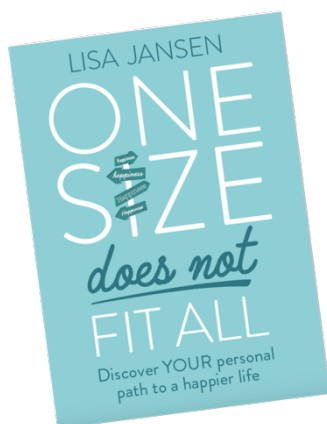
1	2	3	4	5	6	7	8	9	10
I'm not agreeable at all									I'm very agreeable

How Neurotic do you think I am?

People who score high in neuroticism often worry a lot and have a tendency to overthink, overreact and see negative aspects before positive ones. They often find it more difficult to deal with everyday challenges and stresses and can easily become frustrated and angry if things don't go their way. People who score low in neuroticism, on the other hand, tend to be more emotionally stable and less prone to worry. They tend to be good at dealing with stressful situations and generally see the positive before the negative.

1	2	3	4	5	6	7	8	9	10
I'm not neurotic at all									I'm very neurotic

Thank You!



ONE SIZE DOES NOT FIT ALL

This exercise is part of the book One Size Does Not Fit All. Check it out if you're interested in finding out how learning about ourselves can help us live happier, more fulfilling lives.

The book is available in most online and offline bookstores.