

# THE BIG 5 PERSONALITY TEST

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Have you ever tested your personality?

Understanding personality science is the key to optimizing your behavior and getting to know yourself.

Plus... your personality science might surprise you. Along with our free personality test, you can read the descriptions of each personality trait below.

Researchers have found that there is a science to personality. Everyone, regardless of gender, age or nationality, is made up of 5 basic traits.

Openness

Conscientiousness

Extroversion

Agreeableness

Neuroticism

Fondly known as the Big 5 Personality Traits, or OCEAN, these are incredibly helpful for understanding yourself. When you understand your own personality, you can ask for your needs, connect more easily, and optimize your behavior.

Take this quiz to determine where you fall on the personality spectrum!

# OPENNESS

	<i>Strongly Disagree</i>			<i>Strongly Agree</i>		
1. I see myself as someone who is original, unique, and comes up with new ideas.	0	1	2	3	4	5
2. I see myself as someone who is curious about many different things.	0	1	2	3	4	5
3. I see myself as someone who is sophisticated in art, music, or literature.	0	1	2	3	4	5
4. I see myself as someone who has a lot of artistic interests.	0	1	2	3	4	5
5. I see myself as someone who has an active imagination.	0	1	2	3	4	5
6. I see myself as someone who values artistic and creative experiences.	0	1	2	3	4	5
7. I see myself as someone who is inventive.	0	1	2	3	4	5

Openness is when someone is curious and open-minded to new experiences and knowledge. People who are high in openness are inventive and curious, while people who are low in openness are consistent and cautious.

## RESULTS

- Low Openness** 0-14
- Semi Openness** 18-28
- High Openness** 28-35

# CONSCIENTIOUSNESS

	<i>Strongly Disagree</i>			<i>Strongly Agree</i>		
1. I see myself as someone who does a thorough job.	0	1	2	3	4	5
2. I see myself as someone who is extremely careful.	0	1	2	3	4	5
3. I see myself as someone who is a reliable worker.	0	1	2	3	4	5
4. I see myself as someone who tends to be organized.	0	1	2	3	4	5
5. I see myself as someone who tends to be diligent.	0	1	2	3	4	5
6. I see myself as someone who perseveres until the task is finished.	0	1	2	3	4	5
7. I see myself as someone who does things efficiently.	0	1	2	3	4	5
8. I see myself as someone who prefers work that is routine.	0	1	2	3	4	5
9. I see myself as someone who is cerebral and enjoys thinking deeply.	0	1	2	3	4	5
10. I see myself as someone who makes plans and follows through with them.	0	1	2	3	4	5
11. I see myself as someone who is not easily distracted.	0	1	2	3	4	5

Conscientiousness describes how organized and dependable you are. People who are high in conscientiousness are efficient and organized. People who are low in conscientiousness are more easy-going and laid back.

### RESULTS

- Low Conscientious      0-22
- Semi Conscientious      22-44
- High Conscientious      44-55

# EXTROVERSION

	<i>Strongly Disagree</i>			<i>Strongly Agree</i>		
1. I see myself as someone who is outgoing.	0	1	2	3	4	5
2. I see myself as someone who is full of energy.	0	1	2	3	4	5
3. I see myself as someone who generates a lot of enthusiasm.	0	1	2	3	4	5
4. I see myself as someone who tends to be loud.	0	1	2	3	4	5
5. I see myself as someone who has an assertive personality.	0	1	2	3	4	5
6. I see myself as someone who can be warm and friendly.	0	1	2	3	4	5
7. I see myself as someone who likes to reflect and ponder different ideas.	0	1	2	3	4	5
8. I see myself as someone who is outgoing and sociable.	0	1	2	3	4	5
9. I see myself as someone who is talkative.	0	1	2	3	4	5

Extroversion describes how you interact with people. People who are high in extroversion are outgoing and energetic. People who are low in extroversion are more solitary and reserved.

### RESULTS

- Introvert** **0-18**
- Ambivert** **18-36**
- Extrovert** **36-45**

# AGREEABLENESS

	<i>Strongly Disagree</i>			<i>Strongly Agree</i>		
1. I see myself as someone who is helpful and unselfish when it comes to others.	0	1	2	3	4	5
2. I see myself as someone who avoids arguments with others.	0	1	2	3	4	5
3. I see myself as someone who has a forgiving nature.	0	1	2	3	4	5
4. I see myself as someone who is considerate and kind to almost everyone.	0	1	2	3	4	5
5. I see myself as someone who likes to cooperate with others.	0	1	2	3	4	5
6. I see myself as someone who is rarely rude to others.	0	1	2	3	4	5
7. I see myself as someone who is generally trusting.	0	1	2	3	4	5
8. I see myself as someone who does not look for fault in others.	0	1	2	3	4	5

Agreeableness is how you feel towards others. People who are high in agreeableness are friendly and compassionate. People who are low in agreeableness are more analytical and detached.

### RESULTS

- Low Agreeable 0-16
- Semi Agreeable 16-32
- Highly Agreeable 32-40

# NEUROTICISM

	<i>Strongly Disagree</i>			<i>Strongly Agree</i>		
1. I see myself as someone who is depressed.	0	1	2	3	4	5
2. I see myself as someone who can be tense.	0	1	2	3	4	5
3. I see myself as someone who worries a lot.	0	1	2	3	4	5
4. I see myself as someone who is emotionally stable and doesn't get upset easily.	0	1	2	3	4	5
5. I see myself as someone who can be moody.	0	1	2	3	4	5
6. I see myself as someone who is sometimes shy and inhibited.	0	1	2	3	4	5
7. I see myself as someone who gets nervous easily.	0	1	2	3	4	5
8. I see myself as someone who does not remain calm in high-pressure situations.	0	1	2	3	4	5
9. I see myself as someone who does not remain calm in tense situations.	0	1	2	3	4	5

Neuroticism is how you deal with emotions. People who are high in neuroticism are sensitive and tend to be more nervous. People who are low in neuroticism tend to be more secure and stable.

### RESULTS

- Low Neurotic**                      **0-18**
- Semi Neurotic**                    **18-36**
- High Neurotic**                    **36-45**

# THANK YOU!

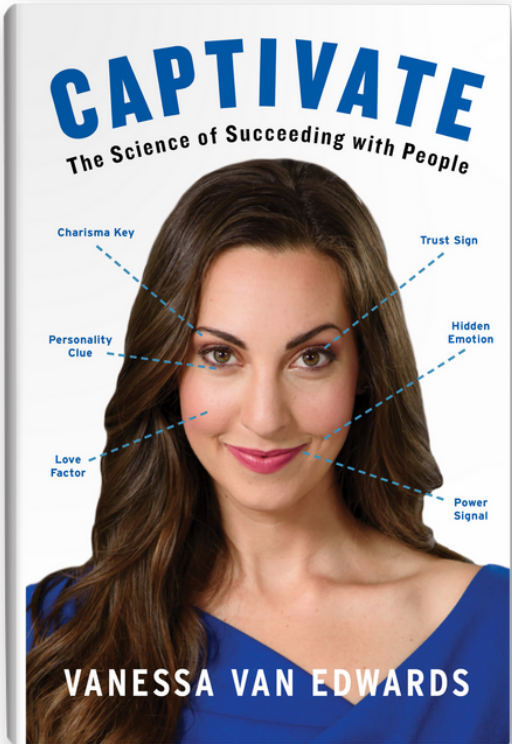
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Thanks for taking the Big 5 OCEAN personality test. Your hard work was worth it!

Be sure to print and share your results with the most important people in your life.

And of course, get them to take it too. You're welcome to take the test as many times as you need.

Vanessa has an entire chapter on the science of personality in your work and home life. Be sure to read or listen to *Captivate*- available wherever books are sold and on Audible.



**[Learn more in Captivate!](#)**