

YEAR OF VALUES

INTEGRITY

always.

PROVOCATION NO. 2



Happiness is

when what you think,
what you say,
and what you do
are in harmony.

- Mahatma Gandhi -

When we honestly assess our personalities, we better appreciate our strengths and reveal the things that may hold us back.

By addressing our areas of relative weakness, we grow stronger, more self-aware, and are better able to navigate situations that make us uncomfortable. And it is from this place of authenticity that we are best able to practice acting with integrity, always.

The Big Five

personality model

Psychologists have identified “The Big Five Personality Model”, referring to five big dimensions that make up each person’s personality:

Openness
Conscientiousness
Extraversion
Agreeableness
Neuroticism

It's important to note that none of these dimensions are especially "good" or "bad" on their own, but they are something of a litmus test for how we approach and respond to different experiences.

By studying your personality model, you can better predict how you might perceive and respond to certain events. With this foresight, you can prepare yourself to more successfully navigate challenges head-on!

YOU SAW THIS COMING, RIGHT? SURE YOU DID.

Your task today is to take an abbreviated version of the Big 5 Personality Model assessment to reveal where you fall in the spectrum of each trait.

Remember, no result is a "bad" result. We're all different and that makes us stronger as a collective whole.

Click the link on the next page to submit your reflection.

LET'S GET STARTED!

Estimated Time Commitment:

15 minutes

What You'll Need:

a comfortable place to reflect

a willingness to participate

Click here to begin.