BIG 5 TRAITS LOGBOOK

REFERENCE GUIDE					
	OPEN	CONSCIENTIOUS	EXTROVERT	AGREEABLE	NEUROTIC
HIGH	Likes new things/ideas & change.	Very detail oriented.	Prefers to be around people.	Loves to help. Says “yes” to everything.	Worries a lot. The future is scary.
LOW	Likes concrete ideas. Doesn’t like change.	Prefers “big picture” thinking.	Prefers to work alone.	Always has objections. Defaults to “no.”	Usually calm. Things work out in the end.

NAME	TRAIT	HIGH / LOW	NOTES
Tyler	*Conscientious*	*High*	*He wanted to talk about details during a brainstorming session.*

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