Your Who am I? profile shows the patterns of behaviour, thought and emotion that make up your personality. Your scores on the Who am I? scales show where you are likely to sit on the big five core dimensions of personality. A particularly high or low score on any one of these scales indicates an increased significance of this characteristic in your life.

**Openness**
Your high level of openness suggests that you are imaginative, creative, and comfortable with variety and change. But you can also tend towards individualistic behavior and impractical thinking.

**Neuroticism**
You are calm, emotionally stable and are less easily upset than people with high levels of neuroticism. But this doesn't necessarily mean you experience more positive feelings than them.

**Extraversion**
Your low level of extraversion suggests you are likely to be more reserved than other people, enjoy time alone and value maintaining strong relationships with a few close friends.

**Agreeableness**
You value getting along with others, so are considerate, friendly, and willing to compromise your interests for the benefit of the group around you. As a result you tend to be very popular.

**Conscientiousness**
You are good at thinking through your actions before acting on an impulse. This helps you to avoid unnecessary stress or trouble, but it can also lead to workaholic and perfectionist extremes.
OUTLOOK

Coolheaded

Cool-headed people have very calm dispositions, and tend not to succumb to emotional extremes at all. A thoughtful, measured approach can help anyone to keep a cool head in any situation, but too much emotional stoicism can seem distant and unhelpful to other people. It's important to be sure that your good intentions and suggestions come across as just that.

CHARACTER

Helpful

Helpful people naturally want everyone around them to be happy and will actively work towards helping them achieve this. They are even prepared to work long and hard on difficult and thankless tasks until they're finished so others don’t have to. You have a good amount of self discipline and are able to channel this toward benefitting others.

SELF CONTROL

Relaxed

You may be very slow to anger, and reluctant to express it when it arises. As a result you may come across as too placid and seem like a bit of a pushover – but it’s just that you’d much rather forgive and forget than harbor a grudge until it festers. You know that there are two sides to every situation.

COMPOSIURE

Measured

Measured people have a clear sense of their goals and what they need to do – and focus on – to achieve them. They tend not to be overly affected by external factors and take unexpected changes and opportunities in their stride. It's crucial to maintain a realistic sense of achievement so you don’t let your ambitions run away with you.

TASTE

Creator

Your real interests lie in creative activities. You can seem like quite a private person, but you're equally comfortable pursuing your interests with a group of like-minded people or by yourself. People who share this characteristic like a challenge they can get their teeth into and really focus on without any distractions.

SOCIABILITY

Humble

People with this characteristic tend to be modest and self-effacing – sometimes in the extreme. They enjoy their privacy and their own company, but are also sympathetic to the needs of others. In fact, sometimes they can be too trusting of people, which can lead to them being taken advantage of. If you recognize this trait in yourself, it’s important to have someone you’re sure you can trust looking out for you.
## ACTION
### Methodical
Methodical people know how to concentrate on any task they're set and keep focus on it to completion - so focused in fact that it’s impossible to distract them. Your slow and steady approach may frustrate some people, but their concerns will always be allayed when you deliver your work on time and on spec.

## ATTITUDE
### Progressive
People with progressive attitudes tend to have a great deal of faith in human nature and believe in education, co-operation and free thinking as ways to help develop society. They are willing to try new ideas and solutions and take a thoughtful approach to issues like social problems. It sounds like you tend to be seen as the voice of reason in most situations.

## PROCESS
### Achiever
Achievers have a real love of learning and very strong desire to do well. They combine impressive drive, high aspirations and a diligent approach to help them achieve their goals. They're also very adept at coming up with creative solutions to complex academic problems. If this sounds like you, remember to take some time to enjoy the ride - it can be as exciting as reaching the destination.

## RESILIENCE
### Engaged
Engaged people tend to take life quite seriously, but are still able to see the funny side and laugh off difficulties when they arise. They're very adaptable, and don’t view problems as things to stop them but as opportunities to inspire them to come up with creative solutions – and of course some humor.