

Date: \_\_\_\_\_

# OCEAN Check-in Form

*Briefly state the change you want to make:*

## Openness

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_ Anthem: \_\_\_\_\_

1	2	3	4	5	6	7	8	9	10
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resistant

happy to cooperate

Meeting notes:

### Notice

- How they stand
- How they dress
- How they show up
- How they engage
- How they problem-solve
- Other details

## Conscientiousness

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_ Anthem: \_\_\_\_\_

1	2	3	4	5	6	7	8	9	10
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resistant

happy to cooperate

Meeting notes:

### Notice

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Date: \_\_\_\_\_

## Extraversion

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_ Anthem: \_\_\_\_\_

1	2	3	4	5	6	7	8	9	10
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resistant

happy to cooperate

Meeting notes:

### Notice

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- Other details

## Agreeableness

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_ Anthem: \_\_\_\_\_

1	2	3	4	5	6	7	8	9	10
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resistant

happy to cooperate

Meeting notes:

### Notice

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## Neuroticism

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_ Anthem: \_\_\_\_\_

1	2	3	4	5	6	7	8	9	10
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resistant

happy to cooperate

Meeting notes:

### Notice

- How they stand
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- Other details