Date:	

OCEAN Check-in Form

Briefly state the change you want to make:

Openness

Age:____ Name: Gender: Anthem:



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

Gender: Anthem: Name:



happy to cooperate resistant

Meeting notes:

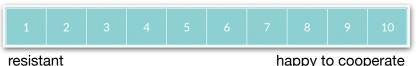
Notice

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

Date:			

Extraversion

Name: Age:_____ Gender:____ Anthem:____



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

Agreeableness

Gender:_____ Anthem:_____ Name: Age:



Meeting notes:

Notice

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

Neuroticism

Name:____ Age:_____ Gender:_____ Anthem:____



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