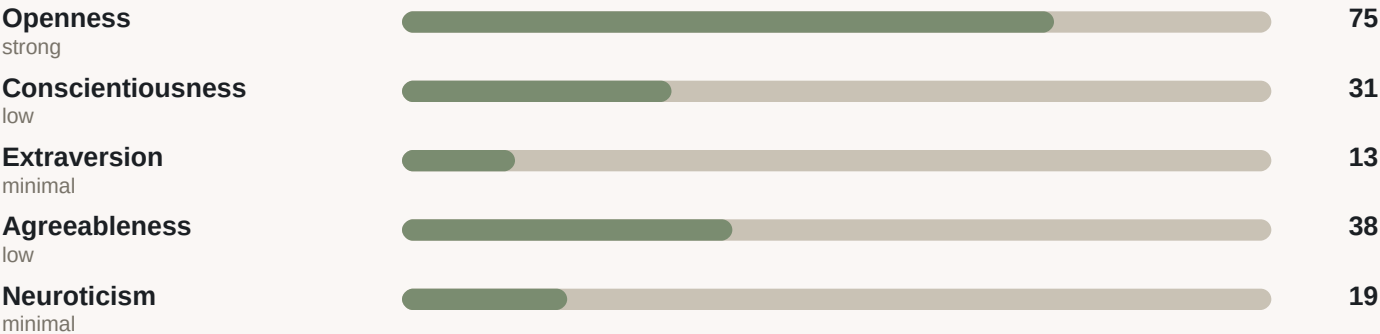


Jordan

Lifelong Practitioner

You're here to get better at something forever.

BIG FIVE

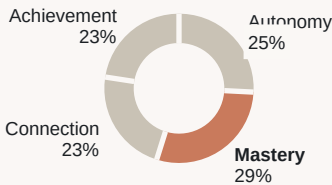


HOW YOU CONNECT

Anxious-Preoccupied

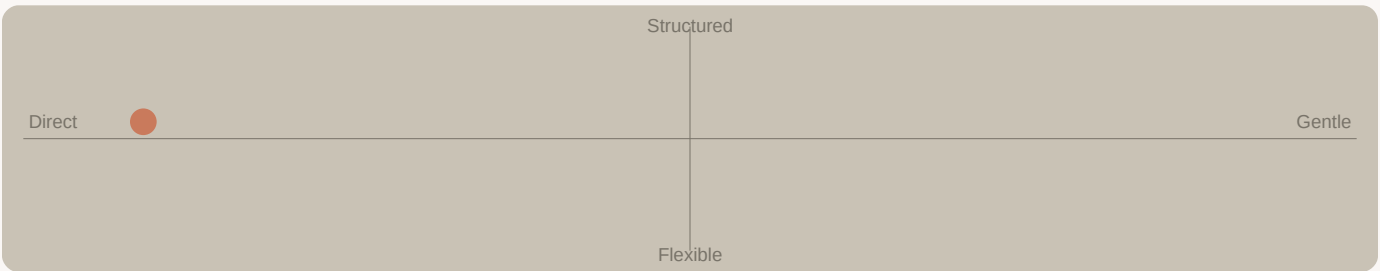
Wants closeness, reads silence as distance, needs reassurance.

WHAT DRIVES YOU



Pulled forward most by mastery.

How you like to communicate



YOUR BODY AND MOVEMENT



TALK TO ME LIKE THIS:

Direct and specific. Tell me why something matters, then let me feel it.

WHAT GETS ME GOING:

Understanding how things work and getting better at them over time.

WATCH FOR:

I'll drift or go quiet before I'll ask for help.

Your Read

Jordan, you show up with a specific alchemy: you're driven almost entirely by mastery, you don't need a crowd, and you stay remarkably steady when things go sideways. Your openness (75th percentile) and mastery motivation (4.50/5) mean you want to understand how your body works, not just follow a prescription. You'll ask why a movement matters, test variations, notice what changes week to week. That curiosity is paired with very low neuroticism (19th percentile), so you don't spiral when something feels off. You troubleshoot instead of catastrophize.

Your low conscientiousness (31st percentile) means you won't naturally stick to rigid plans or track every detail. You're not winging it, but you need room to adapt. You came in saying you trained solo before and it was good, and that rings true. You have high body awareness (73/100 embodiment, 4.50/5 body identity) and low fear of movement (2.00/5 kinesiophobia), so you trust your own feedback. But you also said you want accountability now, and that tracks with your anxious-preoccupied attachment style. You want someone in your corner who checks in, not because you need hand-holding, but because you want to know you're on the right path. You're very introverted (13th percentile extraversion) and fairly low in agreeableness (38th percentile), so you're direct, you don't perform for an audience, and you won't pretend something works if it doesn't.

Strengths to Lean On

You have a rare combination: high mastery drive with emotional steadiness. You can handle form corrections, plateaus, and tweaks to the plan without losing momentum. Your low neuroticism (19th percentile) means setbacks stay in proportion. Your high openness lets you experiment with tempo, grip width, or accessory work without needing permission. You're embodied and unafraid of movement, so when your coach cues a hip hinge or scapular position, you'll feel it and iterate. Your directness (4.67/5) means feedback goes both ways. If your shoulder gets cranky or your back flares, you'll name it. That makes you coachable in the ways that matter most.

Patterns to Watch

When you're stressed or misaligned, your low conscientiousness can turn into drift. You might skip logging, let sessions slide, or stop replying to check-ins without announcing a problem. Your anxious attachment means you care whether your coach notices, but your introversion means you won't reach out first. You may also substitute exercises or tinker with programming in ways that feel exploratory to you but muddy the plan. If accountability fades, you can default back to solo training mode and lose the structure you came here for. Watch for the urge to self-sufficiency when what you actually need is to stay connected to the process.