YOUR ANSWERS. YOUR PERSPECTIVE.

Organisation

Personal everyday reflection

A wholly fictional example. The values illustrate a report and say nothing about you.

ANSWERED: 24 / 24 | 4 PROFILE AREAS

1

Visible planning

You describe a noticeable tendency towards writing down tasks, checking dates and dividing plans into steps. This pattern stands out in your responses; it is not a comparison with other people.

2

Choosing a workspace

You describe a noticeable tendency towards deliberately arranging your workspace, notifications and uninterrupted time. This pattern stands out in your responses; it is not a comparison with other people. Some responses differ substantially from this direction.

3

Individual responses matter

Choosing a workspace: Scored responses range from 2 to 5/5 (items 13 & 19).

Your first small step

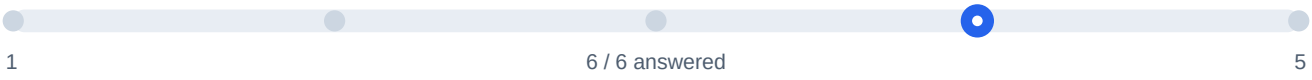
Compare two places while doing a similar task. Note what suits you.

02 / YOUR REPORT

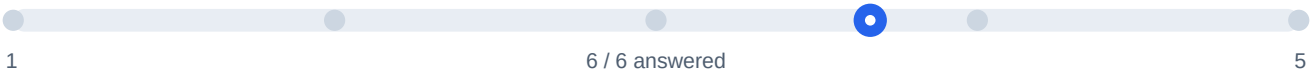
Your profile at a glance

Each dot shows an area response average on a scale of 1 to 5. Only your own responses are compared.

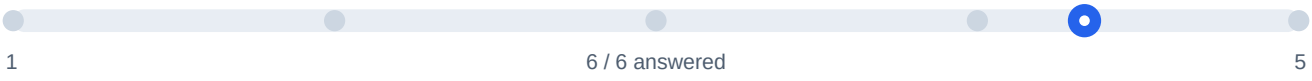
Visible planning 4.0 / 5



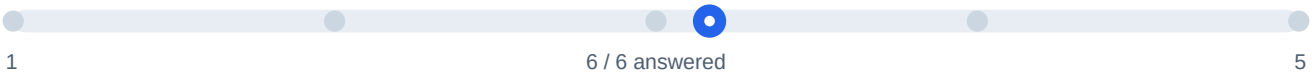
Choosing a workspace 3.7 / 5



Getting started 4.3 / 5



Finishing and handing over 3.2 / 5



How to read the chart

1 = low, 3 = midpoint, 5 = high agreement in the scored direction. Higher is not automatically better. The midpoint is not the average of other people; small differences are not necessarily meaningful.

No area value is shown if fewer than 80% of its items are answered. This is a display rule for incomplete data, not a performance or health threshold.

03 / YOUR REPORT

Connecting your responses

Observations from your responses, not fixed characteristics.

The result shows which habits shape your planning, workspace, starts and completion. It describes everyday organisation, not ADHD.

Your result in words

Visible planning: You describe a noticeable tendency towards writing down tasks, checking dates and dividing plans into steps. This pattern stands out in your responses; it is not a comparison with other people.

Choosing a workspace: You describe a noticeable tendency towards deliberately arranging your workspace, notifications and uninterrupted time. This pattern stands out in your responses; it is not a comparison with other people.

Choosing a workspace: take a closer look

The average combines different responses. These two items show why one number alone does not capture your whole perspective:

Item 13: I arrange uninterrupted time when I want it. | Mostly not true

Item 19: I choose a suitable time for demanding tasks. | True for me

Consider a possible everyday situation

Compare two places while doing a similar task. Note what suits you.

04 / YOUR REPORT

Visible planning

Trace your responses and connect them with everyday situations.

This area describes how you record plans outside your head.

Your response value **4.0 / 5**



What this means in practice

You describe a noticeable tendency towards writing down tasks, checking dates and dividing plans into steps. This pattern stands out in your responses; it is not a comparison with other people.

Scale direction: less agreement with these statements / more agreement with these statements.

Two concrete responses

Item 8: I divide bigger projects into individual steps.

Your response: Partly true

Item 17: I allow extra time for travelling between places.

Your response: True for me

A prompt for further reflection

Choose one plan and compare a short list with your usual way of planning.

When does this fit me - and when does it not?

05 / YOUR REPORT

Choosing a workspace

Trace your responses and connect them with everyday situations.

This area concerns the conditions you choose for focused work.

Your response value **3.7 / 5**



1 6 / 6 answered 5

What this means in practice

You describe a noticeable tendency towards deliberately arranging your workspace, notifications and uninterrupted time. This pattern stands out in your responses; it is not a comparison with other people.

Your individual responses differ substantially. The interpretation describes their average direction only; it does not apply to every statement. The following responses show both sides.

Scale direction: less agreement with these statements / more agreement with these statements.

Two concrete responses

Item 13: I arrange uninterrupted time when I want it.

Your response: Mostly not true

Item 19: I choose a suitable time for demanding tasks.

Your response: True for me

A prompt for further reflection

Compare two places while doing a similar task. Note what suits you.

When does this fit me - and when does it not?

06 / YOUR REPORT

Getting started

Trace your responses and connect them with everyday situations.

The statements show the starting habits you describe.

Your response value **4.3 / 5**



1 6 / 6 answered 5

What this means in practice

You describe a noticeable tendency towards starting with a small step, prepared materials and a specific starting time. This pattern stands out in your responses; it is not a comparison with other people.

Scale direction: less agreement with these statements / more agreement with these statements.

Two concrete responses

Item 20: I limit how much preparation a small task needs.

Your response: Partly true

Item 18: I choose a specific time for the first step.

Your response: True for me

A prompt for further reflection

Try a small, clearly bounded first step for one task.

When does this fit me - and when does it not?

07 / YOUR REPORT

Finishing and handing over

Trace your responses and connect them with everyday situations.

This area brings together habits for finishing work and moving between tasks.

Your response value **3.2 / 5**



What this means in practice

Your result does not show a clear direction for defining completion, briefly checking work and recording where to resume. Check individual responses: partial agreement and opposing answers can produce the same average.

Your individual responses differ substantially. The interpretation describes their average direction only; it does not apply to every statement. The following responses show both sides.

Scale direction: less agreement with these statements / more agreement with these statements.

Two concrete responses

Item 4: I define when a task counts as finished for me.

Your response: Mostly not true

Item 22: I let a finished task rest rather than revisiting it.

Your response: True for me

A prompt for further reflection

Decide what would count as sufficiently finished for one task today.

When does this fit me - and when does it not?

08 / YOUR REPORT

Your values clearly explained

Visible planning

Response positions are counted from 1 to 5. The sum is divided by the number of answered statements in this area.

Calculated from your actual responses

4 + 5 + 3 + 4 + 5 + 3 = 24. 24 / 6 = 4.0 / 5.

The distribution of your selected responses



The columns count your selected response positions 1 to 5 before any reverse scoring. The same average can come from very different responses.

For the wording, response averages below 2.5 are described as lower agreement, above 3.5 as higher agreement, and those between as middle agreement. These are editorial response-scale bands, not scientifically validated cutoffs. Identical averages can arise from different responses.

A profile without a ranking

We assign no population rank or fixed type. The scales describe responses to particular statements. Choose your own priorities; a high or low value does not require change.

09 / YOUR REPORT

Your own next step

An optional everyday idea, without a performance target.

1

Today: note one situation

Starting point: Choosing a workspace. Choose a response in this area and note when it last fitted. A counterexample is just as useful.

2

This week: explore a perspective

Compare two places while doing a similar task. Note what suits you.

3

Afterwards: decide for yourself

What fits you and what does not? Record one insight and decide whether to keep anything. You do not need a higher score or another purchase.

My situation and what matters to me:

My optional idea and a suitable time:

What I would like to take from this:

10 / YOUR REPORT

Method and limitations

What the report is based on

Original everyday reflection. Values summarise only your responses. There are no clinical thresholds, population norms, disease assessments or fixed personality types. Greater agreement is not automatically better.

Your responses are summarised according to the fixed rules explained here. Examples refer to the item numbers shown. No automated detection or assessment of a medical condition takes place.

Keeping the limitations in mind

Screening and self-reflection do not replace a medical or psychological assessment. Original reflection questions are not clinically validated. Each test page explains its method and limitations.

A profile does not cover every aspect of a person. It is a snapshot of your responses. Important relationship, career or other life decisions should not depend on it alone.

If you would like support

If symptoms are affecting you, seek support from a qualified health professional. In immediate danger, contact your local emergency services or nearest emergency department. Help information is available without an email address or payment.

Open general support information

Questionnaire version: 2026-10-29.26 | Report format: 2026-10-29.28

APPENDIX / YOUR REPORT

Your responses in full

Every scored response remains traceable. Skipped items are explicitly identified.

1	**I keep upcoming tasks in one consistent place.**	Visible planning | Mostly true
2	**I choose my workspace to suit the task.**	Choosing a workspace | Partly true
3	**I start with a manageable part of a task.**	Getting started | True for me
4	**I define when a task counts as finished for me.**	Finishing and handing over | Mostly not true
5	**I check my calendar before making commitments.**	Visible planning | True for me
6	**I put things I do not need out of sight.**	Choosing a workspace | True for me
7	**I briefly check my work before passing it on.**	Finishing and handing over | Partly true
8	**I divide bigger projects into individual steps.**	Visible planning | Partly true
9	**I deliberately choose which notifications remain on.**	Choosing a workspace | Mostly true
10	**I prepare the documents I will need.**	Getting started | Mostly true
11	**When interrupted, I note where I want to continue.**	Finishing and handing over | Mostly true
12	**I decide what matters today at the start of the day.**	Visible planning | Mostly true
13	**I arrange uninterrupted time when I want it.**	Choosing a workspace | Mostly not true
14	**I prefer starting with a rough draft rather than a perfect solution.**	Getting started | True for me

Your responses in full / CONTINUED

15	**I store completed documents somewhere I can find them again.** Finishing and handing over | Partly true
16	**I tell others when a shared step is complete.** Finishing and handing over | Mostly not true
17	**I allow extra time for travelling between places.** Visible planning | True for me
18	**I choose a specific time for the first step.** Getting started | True for me
19	**I choose a suitable time for demanding tasks.** Choosing a workspace | True for me
20	**I limit how much preparation a small task needs.** Getting started | Partly true
21	**I ask for a brief explanation when a task is unclear.** Getting started | Mostly true
22	**I let a finished task rest rather than revisiting it.** Finishing and handing over | True for me
23	**I tell others when I would like to be available.** Choosing a workspace | Partly true
24	**I adjust my plan when circumstances change.** Visible planning | Partly true