YOUR ANSWERS. YOUR PERSPECTIVE.

Worklife

Personal everyday reflection

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

ANSWERED: 24 / 24 | 4 PROFILE AREAS

1

Agreeing on tasks

You describe a noticeable tendency towards explicitly clarifying outcomes, priorities, responsibilities and time requirements. This pattern stands out in your responses; it is not a comparison with other people.

2

Shaping work time

You describe a noticeable tendency towards grouping tasks and planning time for work, questions and breaks. 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

Shaping work time: Scored responses range from 2 to 5/5 (items 13 & 17).

Your first small step

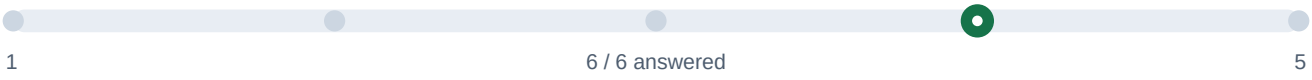
Compare two possible sequences for an ordinary working day.

02 / YOUR REPORT

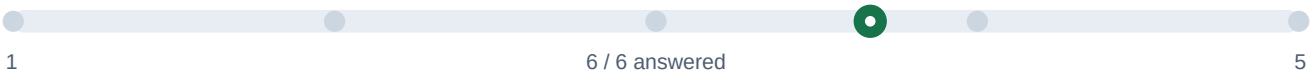
Your profile at a glance

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

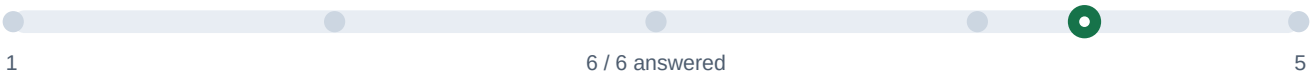
Agreeing on tasks — **4.0 / 5**



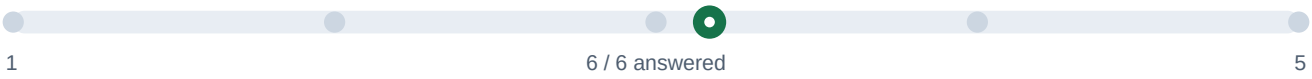
Shaping work time — **3.7 / 5**



Communicating boundaries — **4.3 / 5**



Shaping time after work — **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.

Your result describes the agreements, scheduling habits and boundaries you use at work. It assesses neither your work ability nor burnout.

Your result in words

Agreeing on tasks: You describe a noticeable tendency towards explicitly clarifying outcomes, priorities, responsibilities and time requirements. This pattern stands out in your responses; it is not a comparison with other people.

Shaping work time: You describe a noticeable tendency towards grouping tasks and planning time for work, questions and breaks. This pattern stands out in your responses; it is not a comparison with other people.

Shaping work time: 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 deliberately choose when to answer messages. | Mostly not true

Item 17: I check whether a meeting is really needed. | True for me

Consider a possible everyday situation

Compare two possible sequences for an ordinary working day.

04 / YOUR REPORT

Agreeing on tasks

Trace your responses and connect them with everyday situations.

This concerns clarifying tasks and expectations at work.

Your response value **4.0 / 5**



1 6 / 6 answered 5

What this means in practice

You describe a noticeable tendency towards explicitly clarifying outcomes, priorities, responsibilities and time requirements. 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 discuss changed deadlines early.

Your response: Partly true

Item 19: I make a task's time requirements visible.

Your response: True for me

A prompt for further reflection

Choose a task where a brief agreement would clarify the next step.

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

05 / YOUR REPORT

Shaping work time

Trace your responses and connect them with everyday situations.

This area describes how you structure your available work time.

Your response value **3.7 / 5**



What this means in practice

You describe a noticeable tendency towards grouping tasks and planning time for work, questions and breaks. 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 deliberately choose when to answer messages.

Your response: Mostly not true

Item 17: I check whether a meeting is really needed.

Your response: True for me

A prompt for further reflection

Compare two possible sequences for an ordinary working day.

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

06 / YOUR REPORT

Communicating boundaries

Trace your responses and connect them with everyday situations.

This concerns clear agreements about availability and workload.

Your response value **4.3 / 5**



What this means in practice

You describe a noticeable tendency towards agreeing availability and workload and renegotiating commitments when needed. 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 16: I distinguish helping out from permanent responsibility.

Your response: Partly true

Item 14: I say when an agreement needs revisiting.

Your response: True for me

A prompt for further reflection

Phrase one concrete boundary as a practical agreement possible in your setting.

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

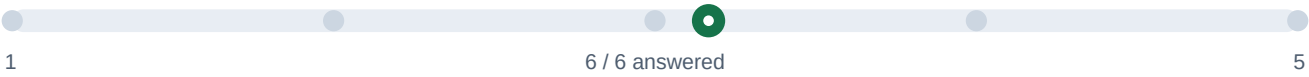
07 / YOUR REPORT

Shaping time after work

Trace your responses and connect them with everyday situations.

This area describes transitions from work into other parts of life.

Your response value **3.2 / 5**



What this means in practice

Your result does not show a clear direction for deliberately finishing work and arranging personal activities independently of it. 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 note the next day's tasks when finishing work.

Your response: Mostly not true

Item 24: I arrange personal activities independently of work outcomes.

Your response: True for me

A prompt for further reflection

Choose a small finishing ritual that suits your workplace.

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

08 / YOUR REPORT

Your values clearly explained

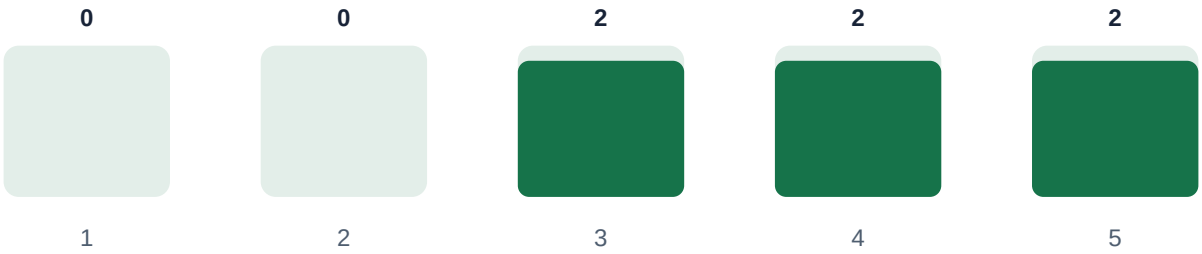
Agreeing on tasks

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: Shaping work time. 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 possible sequences for an ordinary working day.

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 clarify the expected outcome of a task.**	Agreeing on tasks | Mostly true
2	**I group similar small tasks.**	Shaping work time | Partly true
3	**I say when I am available for questions.**	Communicating boundaries | True for me
4	**I note the next day's tasks when finishing work.**	Shaping time after work | Mostly not true
5	**I ask about priorities when several tasks compete.**	Agreeing on tasks | True for me
6	**I allow time for unexpected questions.**	Shaping work time | True for me
7	**I suggest alternatives when I cannot take on a task.**	Communicating boundaries | Mostly true
8	**I discuss changed deadlines early.**	Agreeing on tasks | Partly true
9	**I reserve time blocks for substantial tasks.**	Shaping work time | Mostly true
10	**I clarify expectations about messages outside working hours.**	Communicating boundaries | True for me
11	**I plan something without a performance goal after work.**	Shaping time after work | Partly true
12	**I distinguish my responsibilities from those of others.**	Agreeing on tasks | Mostly true
13	**I deliberately choose when to answer messages.**	Shaping work time | Mostly not true
14	**I say when an agreement needs revisiting.**	Communicating boundaries | True for me

Your responses in full / CONTINUED

15 **I deliberately choose when work devices stay closed.**
Shaping time after work | Mostly true

16 **I distinguish helping out from permanent responsibility.**
Communicating boundaries | Partly true

17 **I check whether a meeting is really needed.**
Shaping work time | True for me

18 **I choose an activity different from my workday tasks.**
Shaping time after work | Partly true

19 **I make a task's time requirements visible.**
Agreeing on tasks | True for me

20 **I share topics other than work with people close to me.**
Shaping time after work | Mostly not true

21 **I clarify who makes a shared decision.**
Agreeing on tasks | Partly true

22 **I keep breaks free in my calendar when that helps me.**
Shaping work time | Partly true

23 **I ask what form of collaboration suits both sides.**
Communicating boundaries | Mostly true

24 **I arrange personal activities independently of work outcomes.**
Shaping time after work | True for me