YOUR ANSWERS. YOUR PERSPECTIVE.

Pacing

Personal everyday reflection

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

ANSWERED: 18 / 18 | 4 PROFILE AREAS

1

Choosing a pace

You describe a noticeable tendency towards choosing your pace and communicating when you need more time. This pattern stands out in your responses; it is not a comparison with other people.

2

Places for a break

Your result does not show a clear direction for deliberately choosing a suitable place for breaks and whether to have company. Check individual responses: partial agreement and opposing answers can produce the same average. Some responses differ substantially from this direction.

3

Individual responses matter

Places for a break: Scored responses range from 2 to 5/5 (items 18 & 7).

Your first small step

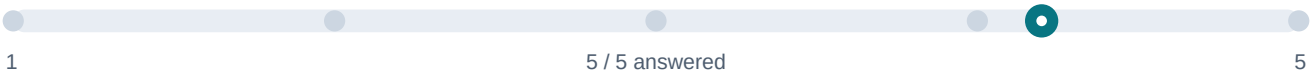
Choose a place for a break according to your own preferences.

02 / YOUR REPORT

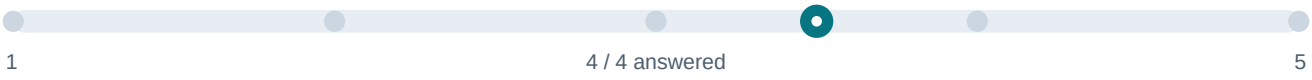
Your profile at a glance

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

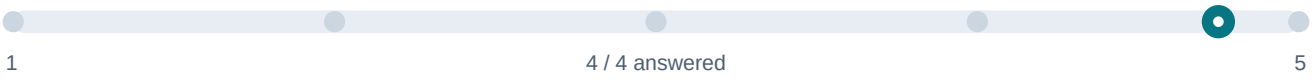
Choosing a pace — 4.2 / 5



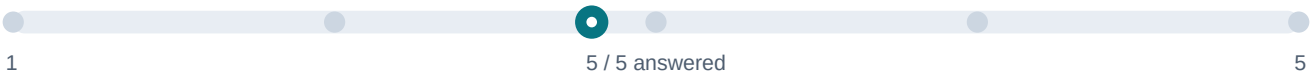
Places for a break — 3.5 / 5



Unplanned time — 4.8 / 5



Shaping transitions — 2.8 / 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 report shows how you arrange pace, places for breaks, transitions and free moments. It does not assess resilience or work capacity.

Your result in words

Choosing a pace: You describe a noticeable tendency towards choosing your pace and communicating when you need more time. This pattern stands out in your responses; it is not a comparison with other people.

Places for a break: Your result does not show a clear direction for deliberately choosing a suitable place for breaks and whether to have company. Check individual responses: partial agreement and opposing answers can produce the same average.

Places for a break: take a closer look

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

Item 18: I choose a place to suit the time available. | Mostly not true

Item 7: I distinguish a place for breaks from my usual workspace. | True for me

Consider a possible everyday situation

Choose a place for a break according to your own preferences.

04 / YOUR REPORT

Choosing a pace

Trace your responses and connect them with everyday situations.

This describes preferences for the pace of everyday activities.

Your response value **4.2 / 5**



What this means in practice

You describe a noticeable tendency towards choosing your pace and communicating when you need more 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 10: I take time to try out a new activity.

Your response: Partly true

Item 15: I distinguish external time pressure from a target I set myself.

Your response: True for me

A prompt for further reflection

Compare two paces for a simple activity and decide what you prefer.

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

05 / YOUR REPORT

Places for a break

Trace your responses and connect them with everyday situations.

This concerns personal preferences for places and settings for a break.

Your response value **3.5 / 5**



1 4 / 4 answered 5

What this means in practice

Your result does not show a clear direction for deliberately choosing a suitable place for breaks and whether to have company. 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 18: I choose a place to suit the time available.

Your response: Mostly not true

Item 7: I distinguish a place for breaks from my usual workspace.

Your response: True for me

A prompt for further reflection

Choose a place for a break according to your own preferences.

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

06 / YOUR REPORT

Unplanned time

Trace your responses and connect them with everyday situations.

This describes how you spend free moments without a performance goal.

Your response value **4.8 / 5**

1 4 / 4 answered 5

What this means in practice

You describe a noticeable tendency towards enjoying free moments without a phone, schedule or visible accomplishment. 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 9: I sometimes simply enjoy my surroundings.

Your response: Mostly true

Item 17: I can spend a break without a visible result.

Your response: True for me

A prompt for further reflection

Leave a small period without a programme and notice what you want to choose.

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

07 / YOUR REPORT

Shaping transitions

Trace your responses and connect them with everyday situations.

This area describes transitions between ordinary activities.

Your response value **2.8 / 5**



What this means in practice

Your result does not show a clear direction for preparing transitions between activities and recording interrupted tasks. Check individual responses: partial agreement and opposing answers can produce the same average.

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

Two concrete responses

Item 4: I briefly look at the next step before switching tasks.

Your response: Mostly not true

Item 8: I give myself time to arrive after a long journey.

Your response: Mostly true

A prompt for further reflection

Plan a brief transition between two different activities.

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

08 / YOUR REPORT

Your values clearly explained

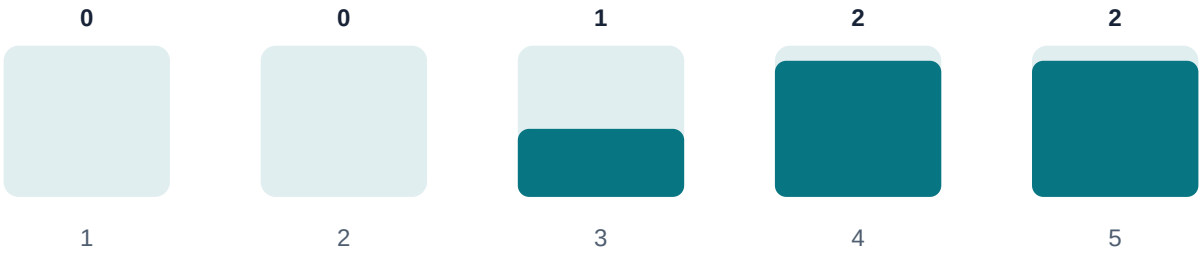
Choosing a pace

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 = 21. 21 / 5 = 4.2 / 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: Places for a break. Choose a response in this area and note when it last fitted. A counterexample is just as useful.

2

This week: explore a perspective

Choose a place for a break according to your own preferences.

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 choose my own pace for leisure activities.**	Choosing a pace | Mostly true
2	**I know a place where I enjoy taking a short break.**	Places for a break | Partly true
3	**I leave short free moments without a programme.**	Unplanned time | True for me
4	**I briefly look at the next step before switching tasks.**	Shaping transitions | Mostly not true
5	**I agree on a pace when travelling with others.**	Choosing a pace | True for me
6	**I note what remains open in an interrupted task.**	Shaping transitions | Partly true
7	**I distinguish a place for breaks from my usual workspace.**	Places for a break | True for me
8	**I give myself time to arrive after a long journey.**	Shaping transitions | Mostly true
9	**I sometimes simply enjoy my surroundings.**	Unplanned time | Mostly true
10	**I take time to try out a new activity.**	Choosing a pace | Partly true
11	**I decide whether I want company during a break.**	Places for a break | Mostly true
12	**I say when I would like to switch during shared activities.**	Shaping transitions | Partly true
13	**I do not fill every wait with my phone.**	Unplanned time | True for me
14	**I tell others when I would like more time for a step.**	Choosing a pace | Mostly true

Your responses in full / CONTINUED

15 **I distinguish external time pressure from a target I set myself.**

Choosing a pace | True for me

16 **I finish a small task before starting a new one.**

Shaping transitions | Mostly not true

17 **I can spend a break without a visible result.**

Unplanned time | True for me

18 **I choose a place to suit the time available.**

Places for a break | Mostly not true