YOUR ANSWERS. YOUR PERSPECTIVE.

Rhythm

Personal everyday reflection

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

ANSWERED: 20 / 20 | 4 PROFILE AREAS

1

Regular anchors

You describe a noticeable tendency towards planning and coordinating recurring daily and weekly routines. This pattern stands out in your responses; it is not a comparison with other people.

2

Choosing variety

You describe a noticeable tendency towards including variety, different places and spontaneous possibilities in your day. 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 variety: Scored responses range from 2 to 5/5 (items 17 & 19).

Your first small step

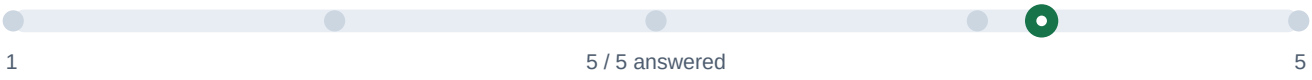
On a suitable day, combine two different kinds of activity.

02 / YOUR REPORT

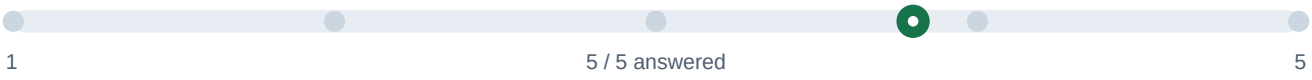
Your profile at a glance

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

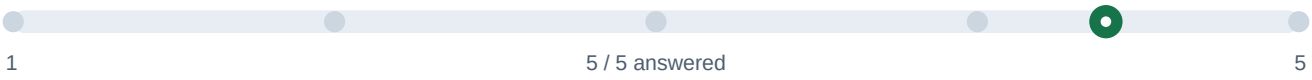
Regular anchors 4.2 / 5



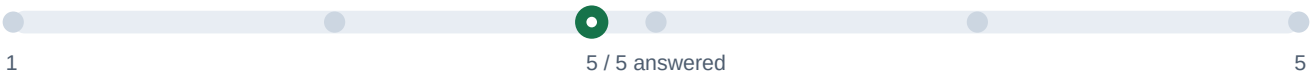
Choosing variety 3.8 / 5



A suitable sequence 4.4 / 5



Making room for breaks 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 result compares your preferences for routines, variety, task order and gaps. It does not determine an ideal daily schedule for you.

Your result in words

Regular anchors: You describe a noticeable tendency towards planning and coordinating recurring daily and weekly routines. This pattern stands out in your responses; it is not a comparison with other people.

Choosing variety: You describe a noticeable tendency towards including variety, different places and spontaneous possibilities in your day. This pattern stands out in your responses; it is not a comparison with other people.

Choosing variety: take a closer look

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

Item 17: I alternate between activities alone and with others. | Mostly not true

Item 19: I keep familiar plans open for a suitable opportunity. | True for me

Consider a possible everyday situation

On a suitable day, combine two different kinds of activity.

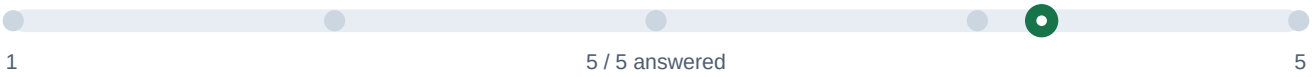
04 / YOUR REPORT

Regular anchors

Trace your responses and connect them with everyday situations.

These statements describe your preference for recurring points of orientation.

Your response value **4.2 / 5**



What this means in practice

You describe a noticeable tendency towards planning and coordinating recurring daily and weekly routines. 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 13: I plan recurring errands in advance.

Your response: Partly true

Item 20: I occasionally check whether a regular routine still fits.

Your response: True for me

A prompt for further reflection

Choose one daily anchor you like without fixing the whole day.

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

05 / YOUR REPORT

Choosing variety

Trace your responses and connect them with everyday situations.

This concerns deliberately chosen variety in your day.

Your response value **3.8 / 5**



1 5 / 5 answered 5

What this means in practice

You describe a noticeable tendency towards including variety, different places and spontaneous possibilities in your day. 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 17: I alternate between activities alone and with others.

Your response: Mostly not true

Item 19: I keep familiar plans open for a suitable opportunity.

Your response: True for me

A prompt for further reflection

On a suitable day, combine two different kinds of activity.

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

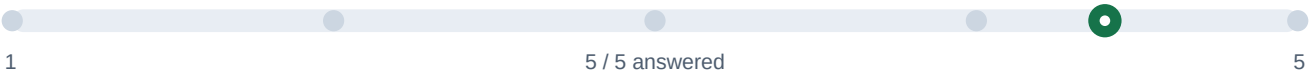
06 / YOUR REPORT

A suitable sequence

Trace your responses and connect them with everyday situations.

This describes how you fit activities into your own daily sequence.

Your response value **4.4 / 5**



What this means in practice

You describe a noticeable tendency towards arranging tasks around timing, travel and the materials 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 adjust my sequence when new information arrives.

Your response: Partly true

Item 14: I also arrange tasks according to the materials I need.

Your response: True for me

A prompt for further reflection

Compare two times for the same kind of task without turning this into a performance standard.

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

07 / YOUR REPORT

Making room for breaks

Trace your responses and connect them with everyday situations.

This concerns arranging pauses without a medical evaluation.

Your response value **2.8 / 5**



What this means in practice

Your result does not show a clear direction for allowing gaps and breaks without filling every period of waiting. 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 leave some room between two plans.

Your response: Mostly not true

Item 8: I decide whether to spend a break alone or with others.

Your response: Mostly true

A prompt for further reflection

Plan a small open interval and use it however you prefer.

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

08 / YOUR REPORT

Your values clearly explained

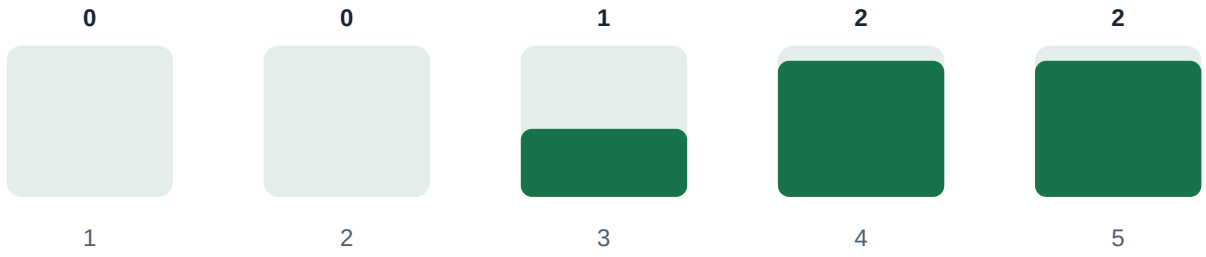
Regular anchors

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

2

This week: explore a perspective

On a suitable day, combine two different kinds of activity.

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 like recurring times for everyday tasks.**	Regular anchors | Mostly true
2	**I enjoy switching between different activities.**	Choosing variety | Partly true
3	**I consider which task should come first.**	A suitable sequence | True for me
4	**I leave some room between two plans.**	Making room for breaks | Mostly not true
5	**I put demanding tasks at a time that suits me.**	A suitable sequence | Mostly true
6	**I deliberately change activity during a break.**	Making room for breaks | Partly true
7	**I leave room for a spontaneous idea.**	Choosing variety | True for me
8	**I decide whether to spend a break alone or with others.**	Making room for breaks | Mostly true
9	**I like using a weekly plan for orientation.**	Regular anchors | True for me
10	**I enjoy doing some tasks in different places.**	Choosing variety | Mostly true
11	**I combine journeys when practical.**	A suitable sequence | True for me
12	**I sometimes leave short waits unfilled.**	Making room for breaks | Partly true
13	**I plan recurring errands in advance.**	Regular anchors | Partly true
14	**I also arrange tasks according to the materials I need.**	A suitable sequence | True for me

Your responses in full / CONTINUED

15	**I account for breaks in shared daily plans.**	Making room for breaks | Mostly not true
16	**I adjust my sequence when new information arrives.**	A suitable sequence | Partly true
17	**I alternate between activities alone and with others.**	Choosing variety | Mostly not true
18	**I agree recurring routines with others.**	Regular anchors | Mostly true
19	**I keep familiar plans open for a suitable opportunity.**	Choosing variety | True for me
20	**I occasionally check whether a regular routine still fits.**	Regular anchors | True for me