

Preferences

Circle items that fit you



Working Alone
person working alone



Working with a Team
collaborating with colleagues



Quiet Workspace
desk sitting empty



Busy/Active Workspace
People working at desks



Indoor Work
typing on laptop



Outdoor Work
working in garden



Same Routine Every Day
Repeating daily tasks



Different Tasks Every Day
performing varied tasks



Standing/Moving Around
person walking around



Sitting at Desk
working at desk



Morning Shift
Starting the workday



Evening Shift
working late night

Preferences

Circle items that fit you



Weekdays Only
calendar showing weekdays



Early Bird (Morning Person)
Waking up early



Night Owl (Staying Up Late)
working late at night



Spending Time Alone
sitting in solitude



Being with Lots of People
Gathering in large crowd



Staying Home
relaxing at home



Going Out/Being Active
walking outdoors briskly



Following a Schedule
following a schedule



Being Flexible/Spontaneous
Adapting to change



Quiet Activities
reading a book



Loud/Energetic Activities
Active people cheering



Learning New Things
studying new material

My Top 3-5 Preferences

1. _____
2. _____
3. _____
4. _____
5. _____