

Work Preferences

When choosing where and when to work, consider the implications of working according to your preferences (which is recommended by the Creating Time system), working against your preferences, working with others who share your preferences, and working with others who do not share your preferences. Below, mark your preferences on each continuum.

Cognitive Strength at Times of Day

Early Morning	Not early morning _____	Early morning
Late Morning / Early Afternoon	Not late morning _____	Late Morning
Late Morning / Early Afternoon	Not early afternoon _____	Early afternoon
Late Afternoon	Not late afternoon _____	Late afternoon
Evening	Not evening _____	Evening

Environmental Preferences

Sound	No sound / Quiet _____	Sound
Light	Low light _____	Bright light
Temperature	Cool _____	Warm
Seating	Informal _____	Formal

Sociological Preferences

Alone	Alone less preferred _____	Alone more preferred
Pair	Pair less preferred _____	Pair more preferred
Small Group	Small group less preferred _____	Small group more preferred
Large Group	Large group less preferred _____	Large group more preferred