

Steppingstone #21

Chronotype

Strongly disagree 0 1 2 3 4 5 6 7 8 9 10 Strongly agree

A. I can work better in the morning

B. I think more clearly in the morning

C. I prefer to avoid working late at night

D. I feel alert very soon after waking

E. My mood is most positive in the morning

F. I like to get out of bed early

G. My motivation is highest in the morning

H. I can do dull tasks most easily in the morning

I. My energy levels are at their highest in the morning

J. I can tackle difficult tasks best in the morning

Total