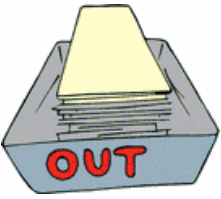


When Are You Most Productive?



Our productivity varies from hour to hour and day to day. If you take note of your best times and take advantage of those days, hours, and/or minutes, you can work, study, or think more effectively. Answer the questions below, and see how you can get your preferences to work in your favor.

1. Do you consider yourself a morning or night person?

2. What time of day do you think you are most creative?

3. What time of day do you prefer to study?

4. What time of day do you think you are most productive?

5. What time of day do you prefer to have a meeting?

6. What time of day do you like to attend classes?

7. What day of the week are you the busiest?

8. What day of the week are you most productive?

9. What day of the week are you least productive?

10. Based on your answers, what are your best days and hours for studying?

Nine tenths of wisdom consists in being wise in time. Theodore Roosevelt