

Components of Peak Performance

Please answer the following questions. You'll use these questions for reflection while reviewing the course materials.

Natural Energy Patterns

This first set of questions asks about your energy throughout the day.

1. On the days you are most productive, when do you get the most done?

Mark only one oval.

- ☐ Between sunup and noon
- ☐ Between noon and sundown
- ☐ Between sundown and midnight
- ☐ After midnight but before sunup

How much do you agree with the following statements:

2. I get a lot less done in winter and/or on cloudy days

Mark only one oval.

1 2 3 4 5

Not at all ☐ ☐ ☐ ☐ ☐ Completely agree

3. I would really like a long nap most days

Mark only one oval.

1 2 3 4 5

Not at all ☐ ☐ ☐ ☐ ☐ Completely agree

4. I would happily sleep 10 hours or more if I could

Mark only one oval.

	1	2	3	4	5	
Not at all	☐	☐	☐	☐	☐	Completely agree

Environment

The next section asks about the environment where you work.

How much do you agree with the following statements:

5. I need to have background noise when I work

Mark only one oval.

	1	2	3	4	5	
Not at all	☐	☐	☐	☐	☐	Completely agree

6. I have a dedicated place where I work

Mark only one oval.

	1	2	3	4	5	
Not at all	☐	☐	☐	☐	☐	Completely agree

7. There are a lot of distractions when I try to work

Mark only one oval.

	1	2	3	4	5	
Not at all	☐	☐	☐	☐	☐	Completely agree

Mindset

The next set of questions has to do with your mindset and identity

How much do you agree with the following statements:

8. I am a procrastinator

Mark only one oval.

1 2 3 4 5

Not at all ☐ ☐ ☐ ☐ ☐ Completely agree

9. I should work on my school work some every day

Mark only one oval.

1 2 3 4 5

Not at all ☐ ☐ ☐ ☐ ☐ Completely agree

10. I never get enough done

Mark only one oval.

1 2 3 4 5

Not at all ☐ ☐ ☐ ☐ ☐ Completely agree

11. It takes me a long time to get started with my school work

Mark only one oval.

1 2 3 4 5

Not at all ☐ ☐ ☐ ☐ ☐ Completely agree

12. Other people are a lot more productive than I am

Mark only one oval.

	1	2	3	4	5	
Not at all	☐	☐	☐	☐	☐	Completely agree

Habits

This final section asks some questions about your personal habits and tendencies.

How much do you agree with the following statements:

13. I am on my phone/computer right up until bedtime

Mark only one oval.

	1	2	3	4	5	
Not at all	☐	☐	☐	☐	☐	Completely agree

14. I will have several days of being very productive followed by several days of getting very little done

Mark only one oval.

1 2 3 4 5

Not at all ☐ ☐ ☐ ☐ ☐ Completely agree

15. I regularly stay up later than I think I should

Mark only one oval.

1 2 3 4 5

Not at all ☐ ☐ ☐ ☐ ☐ Completely agree

16. I will sit at my computer uninterrupted for hours most days

Mark only one oval.

	1	2	3	4	5	
Not at all	☐	☐	☐	☐	☐	Completely agree

17. I sometimes skip meals when I'm working

Mark only one oval.

	1	2	3	4	5	
Not at all	☐	☐	☐	☐	☐	Completely agree

18. I have a work routine

Mark only one oval.

	1	2	3	4	5	
Not at all	☐	☐	☐	☐	☐	Completely agree

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