

# Natural Working Style Worksheet

All of us have natural rhythms ... periods of high mental energy, periods of high physical energy, periods of high creative energy. But natural rhythm is just one part of defining your optimal work habits. Work environment and physical considerations are two others.

## NATURAL RHYTHMS

Log how you feel during various periods of the day for one week to discover the patterns of your natural rhythms if you don't already have a good sense of them. Write the word that describes how you feel in each box. For example:

**Creative | Focused | Persistent | Reflective | Social | Active | Tired/Low | Other?**

Time of day	Monday	Tuesday	Wednesday	Thursday	Friday
early - 8am					
8am - 11am					
11am - 1pm					
1pm - 3pm					
3pm - 5pm					
5pm - 8pm					
8pm - 10pm					
10pm - late					

## FINGER TAPPING - CNS TAP TEST

If you are interested in a more scientific approach, do a Google search for “CNS Finger Tapping.” There’s a good article on it by Ari Meisel of [LessDoing.com](#) **here**:

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*“In uncomplicated language, the test essentially tracks your fine-motor control (via finger taps) to determine how well the brain and body are synced at any given moment. The test has been used for decades by neuroscientists in need of a consistent, simple, and accurate way of measuring cognitive function in patients.”*

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