

ROUTINE

- HOW MUCH ROUTINE DO YOU LIKE IN YOUR LIFE?
- DO YOU FIND IT DIFFICULT TO BREAK FROM YOUR ROUTINE?
- ARE YOU MORE LIKELY TO PREFER THE UNSTRUCTURED AND UNSCHEDULED OR THE STRUCTURED AND SCHEDULED?
- ARE YOU EVER BORED BY ROUTINE?
- DO YOU LIKE MORE ROUTINE OR VARIETY IN YOUR LIFE?
- WOULD YOU DESCRIBE YOUR DAILY SCHEDULE AS TOO PREDICTABLE?
- DO YOU EVER LOOK FOR NEW AND INNOVATIVE WAYS TO DO ROUTINE REQUIRED TASKS?
- DO YOU BELIEVE ROUTINE IS NECESSARY IN LIFE?
- HOW DO YOU REACT WHEN YOUR NORMAL ROUTINE IS DISRUPTED BY THE UNEXPECTED?
- HOW ABLE ARE YOU TO DEAL WITH THE MINOR INCONVENIENCES INTERRUPTING YOUR NORMAL ROUTINE?
- ARE YOU MORE DELIBERATE OR SPONTANEOUS?
- DO YOU MORE PREFER CONFORMITY OR DIVERSITY?
- DO YOU HAVE ANY "GOOD LUCK" RITUALS? IF SO, WHAT ?
- ARE YOU MORE AT YOUR BEST WHEN FOLLOWING YOUR ROUTINE OR RESPONDING TO AN EMERGENCY?
- WHAT DO YOU ENJOY AS A DIVERSION FROM YOUR ROUTINE?
- DO YOU APPRECIATE YOUR ROUTINE AS A BEAUTIFUL THING?
- WHAT IS YOUR MORNING ROUTINE?- WHAT DO YOU DO AND WHAT IS THE ORDER IN WHICH YOU DO IT? WHAT ARE YOUR REASONS?
- DO YOU HAVE A BEFORE GOING TO BED ROUTINE? - WHAT DO YOU DO AND WHAT IS THE ORDER IN WHICH YOU DO IT? WHAT ARE YOUR REASONS?
- DO YOU ENJOY MORE THE PLANNED OR UNPLANNED EVENT?
- DO YOU READ THE SAME NEWSPAPER EVERY DAY?
- DO YOU WATCH THE SAME NEWS SHOW EVERY NIGHT?
- DO YOU LIKE TO TRY NEW FOODS?
- DO YOU EAT OUT AT THE SAME PLACES ALL THE TIME?
- DO YOU GET UP AT THE SAME TIME EVERYDAY, EVEN ON DAYS OFF?
- DO YOU COMB YOUR HAIR IN THE SAME STYLE EVERYDAY?
- DO YOU EVER TRY TO DELIBERATELY BREAK THE PATTERN OF YOUR ROUTINE BY DOING SOMETHING DELIBERATELY DIFFERENT?
- WHAT ARE THE AREAS OF ROUTINE THAT YOU HAVE?-EATING, SLEEPING,CLEANING, VACATIONING, ETC.
- DO YOU WORK FOR YOUR SCHEDULE OR DOES YOUR SCHEDULE WORK FOR YOU?
- DO YOU FEEL YOU HAVE MORE OR LESS OR THE SAME AMOUNT OF ROUTINE COMPARED TO THE AVERAGE PERSON?
- ARE YOU LIKELY TO PLAN OUT AN ENTIRE WEEK?
- HOW DO YOU HANDLE THE CHANGING OF PLANS ON THE SPUR OF THE MOMENT?
- ONCE YOU'RE USED TO GETTING THINGS DONE A CERTAIN WAY HOW MUCH DOES IT BOTHER YOU TO HAVE TO CHANGE YOUR MIND OR WAY OF DOING THINGS?
- DO YOU NEED EVERYTHING IN YOUR LIFE TO BE PLANNED OUT WELL IN ADVANCE OR DO YOU PREFER SPONTANEITY?
- DO YOU EVER GET UP IN THE MORNING AND NOT KNOW WHAT YOU'RE GOING TO DO THAT DAY?
- DO YOU ENJOY THE UNEXPECTED OR DO YOU SEEK TO AVOID IT AT ALL COSTS?