ChatGPT

Calm.profile Workstyle Diagnostic Questions (Behavior-Based Format)

Below is a unified set of 20 behavior-based questions mapped to the four operational axes. Each question is phrased as a choice between two typical behaviors. The tone is minimal, direct, and founder-focused.

Question Text	Axis	Option A (Behavior)	Option B (Behavior)
When starting a new project, I typically:	**Structure Orientation**	**create a structured plan**	**jump in and adapt as needed**
At the start of each week, I:	**Structure Orientation**	**lay out a clear plan for tasks and priorities**	**tackle things as they arise day-by-day**
When defining how the team works, I prefer to:	**Structure Orientation**	**implement clear, step-by-step processes**	**keep things flexible and case-by-case**
To keep projects on track, I rely on:	**Structure Orientation**	**structured tools and checklists**	**informal check-ins and on-the-fly adjustments**
If a project goes off track, I:	**Structure Orientation**	**stick to the original plan to correct it**	**pivot and adjust the plan as needed**
If I need input from my team, I usually:	**Collaboration Mode**	**call a quick meeting or video chat**	**send a message or email and wait for a reply**
For daily updates, I prefer:	**Collaboration Mode**	**a live team check-in (stand-up or call)**	**written updates that everyone can read on their own**
When giving task instructions, I typically:	**Collaboration Mode**	**explain it in person or on a call**	**write it out so they can review when ready**
To address a complex issue, I:	**Collaboration Mode**	**schedule a real-time discussion (meeting or call)**	**provide detailed thoughts via email or chat**
My coordination style is:	**Collaboration Mode**	**mostly live conversations with the team**	**mostly written communication (emails, chat)**
When planning a project, I focus more on:	**Scope Focus**	**the big-picture goals and outcomes**	**the specific deliverables and details**

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In managing work, I tend to:	**Scope Focus**	**emphasize overall progress toward our goals**	**dive into the details of each task**
If I'm reviewing my team's work, I pay more attention to:	**Scope Focus**	**how it aligns with our broader objectives**	**the fine details and correctness**
My leadership approach is more about:	**Scope Focus**	**setting the vision and high-level direction**	**managing the details and day-to-day execution**
People know me for:	**Scope Focus**	**my big-picture vision**	**my attention to detail**
As a deadline approaches, I:	**Tempo Preference**	**push to deliver quickly and hit the goal**	**take extra time to ensure everything is perfect**
My work pace is generally:	**Tempo Preference**	**fast and action-oriented**	**steady and methodical**
When making decisions, I usually:	**Tempo Preference**	**decide quickly to keep things moving**	**take time to deliberate before acting**
Under pressure, I tend to:	**Tempo Preference**	**accelerate and move even faster**	**slow down to think things through**
Overall, I prioritize:	**Tempo Preference**	**rapid results and momentum**	**careful execution, even if it's slower**

Layout & Input Format Suggestions

- **Two-Option Radio Buttons:** Present each question with two radio buttons (or a toggle) labeled with the behavior options. This makes selection clear and quick – the founder just clicks the option that fits them.
- **Side-by-Side Cards or Buttons:** For a more visual approach, display each option as a button or card. The founder can tap one side or the other, ensuring a frictionless, mobile-friendly experience.
- **Minimal Slider Toggle:** Use a slider or switch that snaps to either Option A or Option B. Each end of the slider is labeled with the behavior, allowing an intuitive swipe choice without extra clicks.

All of these input formats keep the interface simple and focused. With only two clear choices per question, founders can respond rapidly, maintaining the "calm" and straightforward experience that aligns with the Calm.profile brand ethos.