APPENDIX F PERSONAL CHEAT SHEET TEMPLATE

 What drives my energy This is the type of work that puts me in a state of flow (and makes me more productive): 	 What drains my energy This is the type of work that takes me out of flow (and makes me less productive):
 What circumstances or conditions drive my energy? 	 What circumstances or conditions drain my energy?
My current capabilities	Capabilities I'm working on
Some values I hold dear when I work are:	
To build trust with me, colleagues can:	

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