

APPENDIX F

PERSONAL CHEAT SHEET TEMPLATE

<p>What drives my energy</p> <ul style="list-style-type: none">• This is the type of work that puts me in a state of flow (and makes me more productive): <ul style="list-style-type: none">• What circumstances or conditions drive my energy?	<p>What drains my energy</p> <ul style="list-style-type: none">• This is the type of work that takes me out of flow (and makes me less productive): <ul style="list-style-type: none">• What circumstances or conditions drain my energy?
<p>My current capabilities</p>	<p>Capabilities I'm working on</p>
<p>Some values I hold dear when I work are:</p>	
<p>To build trust with me, colleagues can:</p>	