

	Traits	What you need to motivate yourself?	What demotivates you	Natural strengths	Vulnerabilities
	<p>Wont start unless you have the time, skills and resources to finish; Everything in its place - harmony & integration Huge on “keeping the peace” Energy builds with momentum (focused)</p>	<p>Understanding the whole picture - and how you fit in Having direction – and a plan you can track Checking off your list (completion) Time and resources to ensure momentum and completion A mess – to organize Getting things/people back to “normal” Leaving a legacy Routine & structure – and getting your day started as planned</p>	<p>Gaps – best when super-busy Constant interruptions Being a misfit (exception) Change Lack of appreciation for your effort/productivity Ill-fated plans</p>	<p>Predicting, forecasting, anticipating & scoping Recall (institutional memory & history) Design – how everything fits together, in harmony Meeting expectations Nurturing; team player Having things “run like clockwork” Accountability (following through as planned) & compliance Seeing the “mis-fits”/ exceptions and helping them get back on track</p>	<p>Unapproachable Your agenda or being busy can block you from being present Effort-focused vs results-focused Over-delivering (keep going when no longer necessary) Not relaxing (when things are unfinished) Worrying → sickness Wont start – until... Things happening twice become “always” (blowing things out of proportion) Assuming Routines, compliance, inflexibility = miss new opportunities and thwart creativity</p>
<p>How other (really) perceive you at times</p>	<p>Self doubt – the voices in your head</p>	<p>Causes of stress</p>	<p>Key strategies (to leverage strengths, mitigate vulnerabilities and operate at your best)?</p>	<p>Your ‘genius’ – white belt level & black belt level?</p>	<p>Stories...</p>
<p> OCD Your “what ifs” can land as a wet blanket Trying to “boil the ocean” instead of keeping it simple and getting started/ producing quick-wins. Routine = rut You get upset/angry whenever things don’t go “your way”!</p>	<p>Am I normal? Do I fit in? What’s everyone else doing, thinking, wearing?</p>	<p>Unplanned change, constant interruptions & inability to get “on a roll” Lack of organization and disharmony Seeing people upset Lack of progress Not checking your list off Unclear expectations Contemplation</p>	<p>Structure a plan Get “settled” before you start! Structure “focus” time – and tell others (4X usual productivity) Start small and get on a roll Regroup – often Plan for worst case scenarios Define “complete”</p>	<p>BE IN AWE!! WB: Exceptional productivity – staying focused to get so much done BB: Sense of design (how everything fits together) - all the interconnections & sequencing, plus time continuum (recall, forecasting & predicting).</p>	

What shows up when you do?

Integrity, accountability, calm, sense of order, nurturing