

WORKING AT MY BEST



Questions to ask yourself

WHEN DO I WORK AT MY BEST?

Am I an early bird, or a night owl, or does this vary?

WHERE DO I WORK AT MY BEST?

Do I work better in a collaborative space or somewhere with minimal distractions?

WHAT IS MY BEST WORK PATTERN?

Is stable is a stable work hours preferred or is a more flexible pattern preferred?

WHAT TYPE OF WORK?

Do I love new and different situations or do I prefer consistency in my work approach?

WHAT IS MY HEALTH EXPERIENCE?

Do I have any health considerations I need to factor into my work planning?

IS THERE ANYTHING ELSE I CAN DO TO WORK AT MY BEST?

WHAT NEXT?

IS THERE ANYONE WHO WOULD BENEFIT FROM KNOWING THIS INFORMATION?

CONSIDER A DISC PROFILE FOR GREATER INSIGHTS

