



Inspire Others to Get 100% On Board With You Exercise: Part 2

Completing this exercise will inform you about the variables and interaction that best empowers you. You'll gain insights about yourself. You can then seek out leaders and environments that support you and let your leaders and team members learn about you.

For each of the items below, describe the preferences you have.

Amount of attention overall	
Frequency of attention overall	
Amount of feedback	
Frequency of feedback	
Desire for public praise	
Desire for private praise	

For each of the items below, write specific notes for yourself.

Continue to increase your self-awareness and add to this section over time. Some specifics might shift for you as you progress through your career or life phases.

What energizes you? <i>The types of activities, working with others/solo, working with music/in quiet, cross functional/deep functional work, visibility and with whom – think about the type of work and how the work is done</i>	
What do you value? <i>What's important to you? integrity, quality, teamwork, having fun, getting to the heart of the matter, thought leadership – What are your values?</i>	
What are your strengths? <i>What are you good at? What do others go to you for? How do you provide value to others?</i>	
What do you care about professionally? <i>Career advancement, development and in what ways, customer satisfaction, earning the bonus, quality work and how you define quality, helping others, being seen as an expert – What do you want to accomplish professionally? How do you want to be seen professionally?</i>	
What do you care about personally? <i>What are your hobbies, interests, family needs and desires? And what kind of work/life balance is needed to enable you? End each workday at 5pm, getting off early for kids' games/performances/events, not working on weekends, taking all your vacation, being able to work from home, etc.</i>	