

MY KICK ASS  
BEHAVIOUR  
CHEAT SHEET.

# When am I performing at my best?

GREEN

YELLOW

RED

What am I feeling?

What are the circumstances?

# When am I performing at my best?

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YELLOW

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How am I feeling? How am I acting towards others?

I think creatively  
 'Anything is possible' attitude  
 Interested in helping others  
 Pride in my work  
 Eye contact with others  
 Smiling  
 Say what I mean  
 I deliver messages with tact

Sighing, shrugging  
 Roll my eyes  
 Irritable; little things frustrate me  
 I feel anxious  
 Find myself checking my phone  
 Thinking cynical thoughts  
 Avoiding easy tasks  
 Tactless, making errors

Irrationally angry  
 Passive aggressive instead of saying what I mean  
 Critical of others  
 Quick to blame others instead of problem solving  
 Feel out of control  
 Claustrophobia

What are the circumstances?

A balance of writing & presenting  
 I have time to think  
 Time alone balanced with people time  
 Around GSD types  
 Surrounded by positive, creative, funny and learning nerds

I've said yes to too much  
 I'm nervous about balancing it all  
 I've got a deadline and feel like  
 Don't have enough time to complete a task  
 No time to myself  
 Haven't exercised recently  
 Haven't asked for help

Skipped exercise  
 Doing work that I feel isn't me at my highest value  
 Feeling micromanaged  
 Over tired, exhausted  
 Messy physical environment  
 Same place every day

# What ideas do I have to get back to green?

YELLOW

RED

What's happening that gives me clues?

Easy wins to get back to my green zone:

# What ideas do I have to get back to green?

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Easy wins to get back to my green zone:


Leave my phone at my desk and go for a walk around the block.  
Text a friend and ask them to dinner as a cheer up.  
Take myself out for dinner by myself and listen to a podcast.  
Look at my to-do list and ask what easy wins I can get off my desk to build my momentum.

Remove myself from the situation immediately.  
Go to the bathroom and breathe.  
Get off social media.  
Give myself a break - no one's perfect!  
Ask myself when the last time I had some down time solo was.  
Text a friend and tell them I'm feeling flat.

# GOOD LUCK!

Want to go through this in more detail?  
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