

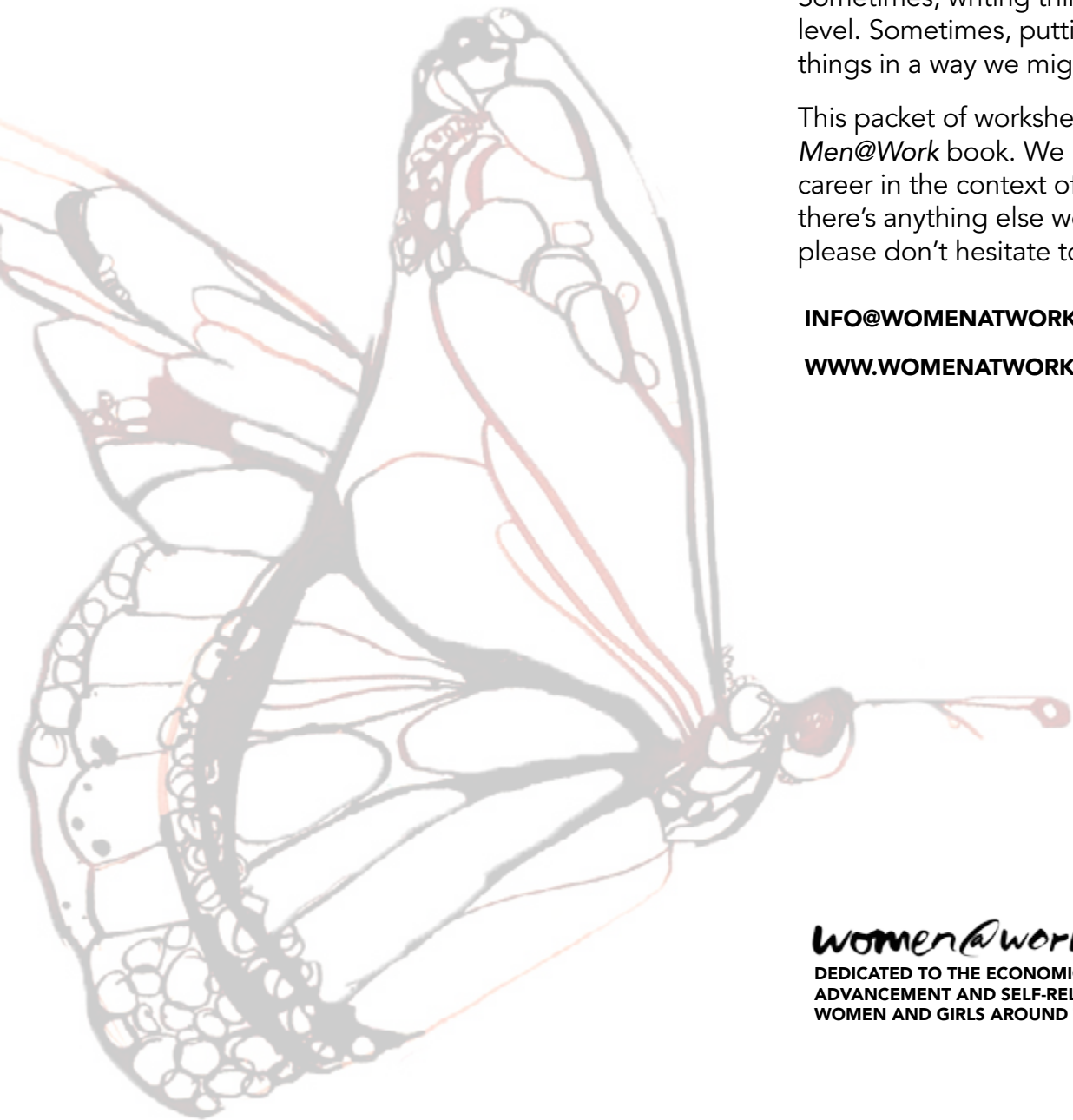
## **SELF-DEVELOPMENT WORKSHEETS**

Sometimes, writing things down forces us to think on a new level. Sometimes, putting words on paper commits us to doing things in a way we might not otherwise achieve.

This packet of worksheets was created to complement the *Men@Work* book. We hope they help you explore your own career in the context of the topics covered in the book. If there's anything else we can provide to support your growth, please don't hesitate to be in touch.

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**DEDICATED TO THE ECONOMIC  
ADVANCEMENT AND SELF-RELIANCE OF  
WOMEN AND GIRLS AROUND THE WORLD**

# 7 TYPES

#	TYPE	WHO DO YOU KNOW?	WHAT DO YOU LIKE ABOUT HIM?	WHAT FRUSTRATES YOU ABOUT HIM?	HOW COULD YOU BE MORE EFFECTIVE WITH HIM?	WHAT SPECIFIC ACTIONS OR INITIATIVES CAN YOU TAKE TO NAVIGATE HIM BETTER?
1	THE DYNAMIC EXECUTIVE					
2	THE ALPHA DOG					
3	THE EARNEST ERNIE					
4	THE FUNNY/ CREATIVE GUY					
5	THE NAYSAYER					
6	THE POT STIRRER					
7	THE QUIET LEADER					

# BE TCP

#	FACTOR	WHAT ARE YOUR STRENGTHS?	WHAT ARE YOUR AREAS OF IMPROVEMENT?	INDICATE SPECIFIC ACTIONS OR INITIATIVES YOU CAN TAKE TO MAXIMIZE YOUR TCP & GRAVITAS.
1	APPEARANCE			
2	VOICE			
3	CONTENT			
4	CONFIDENCE			
5	SELF-AWARENESS			
6	EQ			

# RANDOM WORK/LIFE/WORLD DYNAMICS

#	DYNAMIC	HOW DOES THIS PLAY OUT IN YOUR LIFE?	WHAT HAVE YOU DONE TO NAVIGATE IT MORE EFFECTIVELY?	ARE THERE OTHER THINGS YOU MIGHT DO TO BETTER MANAGE THE RISK OR CAPITALIZE ON THE OPPORTUNITY INHERENT IN EACH?	WHAT ARE SPECIFIC INITIATIVES YOU COULD PURSUE TO MAXIMIZE THIS QUALITY AND YOUR EFFECTIVENESS RELATED TO IT?
1	THE GIVE-A-SHIT PARADOX				
2	DON'T ASK, DON'T GET				
3	SUCCESS IS EXPENSIVE				
4	KARMA'S A BITCH, BUT SHE CAN BE A SLOW ONE				
5	SIZE MATTERS (SMALL VS. LARGE ORGANIZATION)				
6	IT'S ALL RELATIVE—LAWS OF PHYSICS AND ECONOMICS ARE UBIQUITOUS AND INEVITABLE				
7	ONCE YOU'RE OUT, IT'S HARD TO GET BACK IN				

# BEHAVIORS FOR SUCCESS & HAPPINESS

#	BEHAVIOR	SCORE YOURSELF (1-3) (3=PERSONAL STRENGTH, 1=AREA OF WEAKNESS AND IMPROVEMENT)	WHAT ARE YOUR GREATEST STRENGTHS IN THIS AREA?	WHAT ARE YOUR AREAS OF IMPROVEMENT IN THIS AREA?	WHAT ARE SPECIFIC INITIATIVES YOU COULD PURSUE TO MAXIMIZE THIS QUALITY AND YOUR EFFECTIVENESS RELATED TO IT?
1	LOW MAINTENANCE				
2	AMBIGUITY & CHANGE TOLERANT				
3	SERVICE ORIENTED				
4	IMPERVIOUS TO CONSTRAINTS				
5	ENTREPRENEURIAL				
6	GOOD PRIORITIZER				
7	POSITIVE CULTURE BUILDER				
8	ACCOUNTABLE				
	TOTAL:				