

My Personal User Manual

Name:

Pronouns:

I work best at these times of day, under these conditions:

The best way to give me feedback is:

Outside of work, I'm really passionate about:

My best skills that I bring to the team are:

I prefer to communicate via:

The following personal and professional goals are important to me:

I could use improvement in the following personal and professional areas to further help me achieve my goals:

Additional Questions

I feel most satisfaction and joy from work when:

My favourite saying, quote or poem is:

When I'm struggling with focus or falling behind with tasks, the most likely causes may include:

Other things to know about me include: