

Building Your
Own Best
Practice

Worksheet -
Chapter 7



"The energy patterns are a most powerful concept: simply elegant, elegantly simple. And it works!"

*-Rebecca S. Barna,
former publisher,
Popular Science*

Keynotes, Workshops,
Leadership Programs

Ginny Whitelaw, Ph.D.

www.focusleadership.com



Phase 1: Explore (Visionary) - What is an opportunity or challenge facing you right now?

What's possible for you if you meet this challenge or opportunity? What will that do for you?

And what will *that* do for you?

What are your personal barriers to meeting this challenge or opportunity?

Phase 2: Focus (Driver) - Write down your goal and its timeframe:

Write down three measures of success for your goal:

- 1.
- 2.
- 3.

Phase 3: Plan (Organizer) -

Step 1: Identify the pattern that best supports your goal. _____

Step 2: Look through the work behaviors table for the appropriate pattern. Lift, extrapolate or brainstorm from the tables and pick one or two work activities that would move you toward your goal.

- 1.
- 2.

Step 3: Suggest one strength (probably from your Home pattern) you could build on to approach this activity successfully.

Step 4: Support your work practice with mini breaks or outside-of-work activities. Check the appropriate pattern tables for ideas and write one (or two) things you'd like to try below.

- 1.
- 2.

Step 5: Identify a supporting cue in your environment that would remind you of this pattern and your intention.

Phase 4: Engage (Collaborator) - Who can give you feedback on your plan and what do you want to ask them to watch for?

Person / People	To give you feedback on...

Who could you involve in an activity in your plan?

What would make your plan even more fun?