It's ok to..... say "I don't know" ask for more clarity stay at home when you feel ill say you don't understand ask what acronyms stand for forget things say "Show me where it says that in policy" introduce yourself depend on the team ask for help not know everything have quiet days have loud days, to talk, joke and laugh put your headphones on say "No" when you're too busy make mistakes sing sigh not check your email out of hours not check your email constantly during hours just Slack it walk over and ask someone face-to-face go somewhere else to concentrate offer feedback on other people's work challenge things you're not comfortable with say yes when anyone does a coffee run prefer tea snack have a messy desk have a tidy desk work how you like to work

ask the management to fix it

have off-days

have days off