Wate up.
(Exercise) (Snooze)-1
+ on time to work Late to book.
5 min before meeting,
Co-worker asks for help.
(Help) Ignore
+ - happy colleague - Angry colleague
- Better neeting - on time
Day ends, but boss
usks you to stay Inte.
,
(Star) (Go hume)
Miss bubys first step Sec bubys first step.
Doss respects decision
'
Score:
3 = On track for a balanced
& successful (meet
1 = Could, mprine
-1 = likely not happy
-3 = Should pribably reconsider things

Exercise 36 Map