**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
* 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 after hours
* Not check your email constantly during work
* 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