

# When I'm at my Best

|                               | When I'm Working at my Best | When I'm Learning at my Best |
|-------------------------------|-----------------------------|------------------------------|
| 1. I'm like [what]            |                             |                              |
| 2. I'm [where]                |                             |                              |
| 3. I'm with [who]             |                             |                              |
| 4. This happens just [before] |                             |                              |
| 5. This happens next [after]  |                             |                              |
| 6. Others will notice this by |                             |                              |
| 7. And I would like others to |                             |                              |



### When I Need Support

|            | Others will |
|------------|-------------|
| See        |             |
| Hear       |             |
| And Notice |             |

And when they do, I would like them to ...



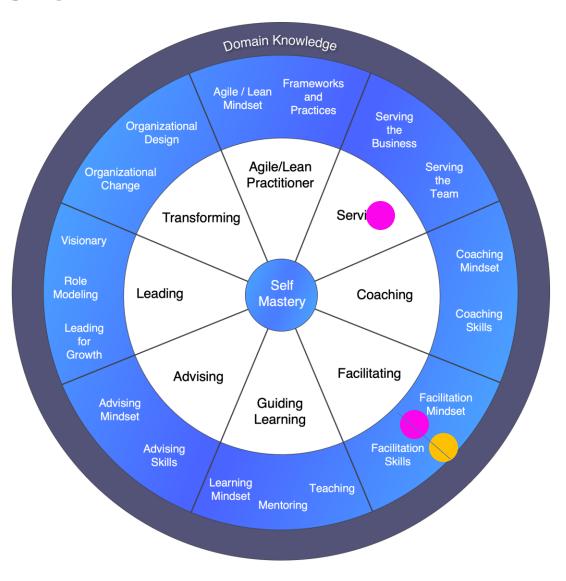
#### Growth within the Profession

Think about your growth in the Agile Profession. Mark on the wheel where you think you are now and the areas where you'd like to develop and invest your energy further.

Where I think I am now

Where I'd like to develop and invest my energy further







#### Growth outside the Profession

If you'd like to grow outside of the Agile Profession, let's explore that together!

| Things I'd like to lean into more | New Things I'd like to explore |  |
|-----------------------------------|--------------------------------|--|
|                                   |                                |  |
|                                   |                                |  |
|                                   |                                |  |
|                                   |                                |  |
|                                   |                                |  |
|                                   |                                |  |
|                                   |                                |  |
|                                   |                                |  |



### What would you like to have happen?

I could do all these things, but this is what I'm going to try ...

| Ideas & Actions   | What's Next | In Progress          | Blocked | Done          | Abandoned      |
|---|-------------|----------------------|---------|---------------|----------------|
| Scrum Alliance - CSP-SM  Your Investment  Your Experiment | ICF - PCC   | ICagile Facilitation |         | Clean Updates | Clean Language |



## Catch Up Template

From DD-MON-YY to DD-MON-YY

| l'd like    |  |  |
|-------------|--|--|
| A Decision  |  |  |
| To Discuss  |  |  |
| Support On  |  |  |
| To Be Heard |  |  |

