|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| FASE | Signals as you experience them | Signals as other around you can experience | Actions you can take up | Actions other can take up |
| GREEN | Excited, motivated,  Curious,  Though I got a plan  Picture what I can achieve, (beautiful imagination about future)  anxious, overwhelm | ?  Happy, energetic,  More time on work | Positive self-talk for baby step progress,  Adjust method |  |
| ORANGE | Nervous,  Repetitive  thinking about plan/to-do list,  Negative self-talk,  Negative image after result ,  Image other’s judgement,  Comparison  Procrastinate, |  | Short break + short work  Focus on purpose and self (self-motivation, self-definition, Positive self-talk, self-reassure  ),shift focus from current to long-term, from work to life  ask help (also as a self-support,set aside embarrassed feeling, I’m a person liking new ideas and learn from others) | 寻求帮助  得到正向得反馈  有什么事情做得  Focus on purpose:  Meeting, MEG certification |
| RED | Type 1, long period of intensive exhausted  Type 2 bad triggers(‘big’ failure, a bad meeting)  Can not think  Results from a bad meeting, | 1 |  |  |

消极的事情或者压力大的事情有时候（做ppt），创伤性打击很大的时间（meeting很难听的话）其实反而发展出了力量。良好的合作，学习的心态，积极的角度。都是有好的人，感到support（运达，琼），发展这种关系

开阔的心态： 我是来看怎么解决问题得搞进度得，我不知道聪明不聪明不重要，她生不生我气不重要

Mood status equals Traffic status no necessarily :

很累很忙开了个会很成功，很开心，很有动力，但是其实很累没有办法集中注意力

很累没有办法集中注意，a phase结束了，但是也没有心情不好，就是很开心去休息，

很焦虑害怕不代表要休息，其实是有精力了，就是去cool down一下，回来就好

一天中可能状态也有变化

Bad triggers:

bad meeting,

email (话里有话): you don’t need to justify yourself

和别人比较，wqf certificate

good things:

今早抽离出手机

self definition:

成功的合作经验，向别人学习，结合自己优点，学得快能应用在自己身上

(inspired, broaden)love to see how to do things differently, this happiness overweigh I’m not good at or feedbacks from others you doing wrong