

$$\begin{array}{ccc}
 I & \xrightarrow{F} & \mathcal{C} \\
 \searrow \varphi & \uparrow & \nearrow \varphi_* F = \varinjlim F \\
 & \{*\} &
 \end{array}$$

$$\begin{array}{ccc}
 I & \xrightarrow{F} & \mathcal{C} \\
 \searrow \varphi & \downarrow & \nearrow \varphi^! F = \varprojlim F \\
 & \{*\} &
 \end{array}$$