

HIGH PERFORMANCE ROUTINES

Name:



This is me (photo)

My skillset / what I enjoy doing at work:

Two truths one lie:

And there is also *this* me... (photo)

What gets the best out of me at work:

My best working patterns are:

What helps me manage my own mental health:

These are a few of my favourite things:

I struggle at work when:

I am at my best when:

The best way to contact me: