

The Introverted Helper Self-assessment

Think about your day. When and in what situations do you get overstimulated?
(Examples: every day around 4 pm, family conferences, team meetings, certain client)

Think about your day. When are you in your sweet spot? What are you doing?

KEY QUESTION: What are the important elements* of your sweet spot?
*(*Such as your surroundings, people or lack of people, the nature of the work)*

What ONE action can you take to de-stimulate overwhelming situations?
(Examples: build in breaks between meetings, take a midday walk, ask clients to pause or slow down)

What ONE action can you take to move more of your activities into your sweet spot?
(Examples: soften the room lighting, partner with a pleasant colleague, ask for certain assignments)

What restorative practice or activity OUTSIDE of work hours can you offer yourself?
(Examples: morning journal, movie therapy, periodic retreats)