

# Action planning: Individual



**1. What is the most interesting/important thing I've learnt about myself today?**

**2. What has this process illuminated that I would most like my colleagues to understand about me?**

**3. What is my request of my colleagues, in order to help me manage the challenges of my type in the workplace?**

**4. What three things am I going to do differently as a result of what I've learnt?**

- a.
- b.
- c.

