

# Being Yourself At Work | Worksheet

from **IGD**

# Being yourself at work starts with understanding who you are...



This exercise is all about you. Follow the steps below to explore your values, who you are.

- 1) Type 5 positive words that describe the real you, what are your character strengths as a person?
- 2) Add 5 positive words that your friends, or those who know you best outside of work, would use about you.
- 3) Add 5 more words that describe you when you are really in your zone at work or in education, what are you loving?
- 4) When you are full of energy and feeling fantastic how do you behave? Add 3 more words.

Choose three of your favourite and distinct words or phrases from those below and type them into the column on the right hand side of this page.


THREE WORDS  
AND PHRASES  
THAT DESCRIBE  
ME

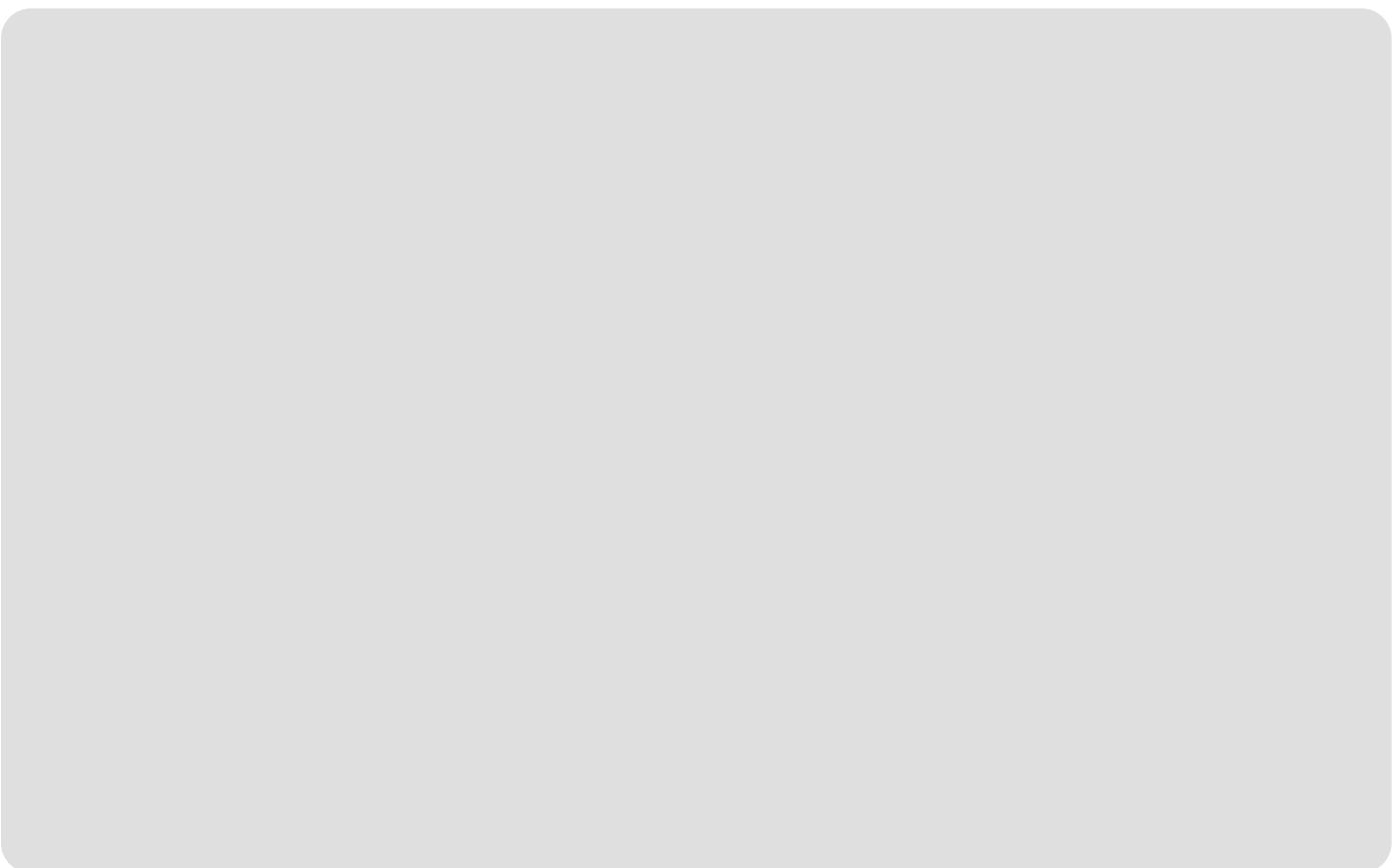
Building my confidence



Building my personal brand and standing out



Building my network



#BeYourSelfAtWork

