Evolutionary Leader Program Determining Your Disposition

Self Assessment:				
Reflect on your typical daily habits. Do you often find yourself pushing to the limit, working long hours without breaks, or are you more prone to procrastination and lack of motivation?				
Write about your daily routine. Include times when you feel most productive or most drained. Consider factors that may contribute to overexertion or underperformance.				



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Identify Your Disposition:

- **Overdoer Traits:** If you tend to maximize every moment, often feeling burnt out by week's end, you might be an overdoer.
- **Underdoer Traits:** If motivation is a struggle and tasks often pile up or remain unfinished, you may lean towards underdoing.
- **Mixed Traits:** Some might find they fluctuate between the two depending on circumstances or stress levels.

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Tailor Your Energy Management Practices • For Overdoers, consider:			
0	Incorporating Relaxation: Integrate relaxation techniques such as meditation, yoga, or scheduled breaks to recharge.		

- Setting Boundaries: Practice saying no and prioritize your tasks to avoid overwhelm.
 We'll be covering this topic deeper in the next chapter.
- For Underdoers, consider:
 - o **Boosting Activity:** Engage in regular physical exercise and set small, achievable goals to build momentum.
 - Creating Routines: Establish structured routines to foster discipline and consistency.

Reflect and Adjust:

Evaluate the effectiveness of your practices	s. Are they helping you achieve a
better balance?	



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