

Evolutionary Leader Program

Determining Your Disposition

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.

My Disposition is:

Tailor Your Energy Management Practices ☐

- **For Overdoers, consider:**
 - **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:**
 - **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. Are they helping you achieve a better balance?

[illegible]