***The Blueprint of Me***

Each of us has preferences about how we would like others to communicate with us. We can assume others are just like us and count on them to read our mind. An alternative strategy: we can share this information with others so they can choose more effective and informed strategies.

Answer these prompts to develop a helpful blueprint of you.

1. **At the beginning of a project, what I most need to understand is...**
2. **I feel most energized at work when...**
3. **When I am stressed, I tend to...**
4. **When I am stuck, what you can do to help me is...**
5. **The kind of (non-monetary) recognition that makes me feel valued is...**
6. **Something at work I am excited about right now is...**