

's Manual of Me.

I last updated this on: _____

My current working-from-home situation is ...

I prefer the following ways to communication whilst remote...

I put boundaries in place between work and home in the following ways, please help me respect them...

i'm struggling with lockdown in these ways...

Some of the unexpected benefits of lockdown for me are ...

When I'm stressed, the best way to support me is ...

Please check in on me by ...

The things I'm really missing from being together are ...

—

A Manual of Me is a tool to help you discover and communicate how you work best with others.

Create your own with many more questions, coaching exercises, guides and community support at www.manualof.me

Hints to help you complete this

1. Don't rush - take some time to think about your answers
2. Be honest - don't describe the person you want to be, but the person you are
3. Ask others - get input from the people around you
4. Keep it fresh - return to your manual and see if things have changed.