

Improving Your Self-Awareness Amid COVID-19

COVID-19 has affected the lives of millions around the globe, and it has also disrupted the businesses of those people as well. As the workforce transitions to remote work and joins together to flatten the curve, personalities are now together 24/7. This can bring up a whole new set of conflicts.

This worksheet can help you create your new normal right now. Take stock in yourself and use it to improve your immediate relationships.

Question 1:

A combination of different behavior styles in one place can sometimes cause some friction. Can you think of three things that you do that you can be more aware of to reduce friction in your household? List them here.

1. _____	2. _____	3. _____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Question 2:

Communication is key to resolving, and even preventing, conflict. Now that you've identified a few ways there is friction, what are a few ways you can start adapting to the people around you? List down your top three ideas here.

1. _____	2. _____	3. _____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Question 3:

Your needs are just as important as the people around you, even if you may sometimes feel like you are a priority. If you're working from home, sometimes children, spouses or housemates don't quite get the memo that you're trying to get work done. Can you think of a few ways you can communicate your needs to the people around you? Use this template to get you started.

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I find I am less productive when _____ .
To increase my productivity, I would appreciate _____ .
It makes me feel frustration when _____ .
Do you think we could work together to find balance by _____ ?
It's rough right now and I'm having a hard time with _____ .
Can we talk about doing _____ to help us both adjust?

Question 4:

What can you do to improve your physical environment at home?
Select all that apply. (Check list)

*Designate a 'Work From Home' spot.
Tidy up communal areas.
Follow a routine.*

*Check in with coworkers
and loved ones on web chat.
Exercise daily.*

Question 5:

Are you following the HALT method? HALT stands for hungry, angry, lonely, and tired. These are all factors that can affect your mood when your routine changes suddenly and can start affecting your health. Outline how you can be more aware of each of these below.

I can become more aware of **hunger** by

I can become more aware of **loneliness** by

I can become more aware of **anger** by

I can become more aware of **tiredness** by

Bottom line, we'll get through this and we're going to do it together. If you're curious about you and your household's behavior style, I'd love to help. My partners at TTI Success Insights created a Remote Report to help you during this adjustment period and I'd love to help you understand it. [Take your assessment here.](#)