

Operator's Manual

My name is _____. This manual will help you understand me and how I best operate.

What gives me energy?

What drains me?

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What stresses me out?

How do I best recover from stress?

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What is the best way to communicate with me?

This is how you can make my day?

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What are my strengths?

What are my weaknesses?

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You should definitely know this about me...

I do my best when...

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Here are some other cool things to know about me....

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