



SELF-CHECK IN

1. Circle your experience based on each of the following categories:

Time	Difficulty	Enthusiasm
I couldn't complete the task within the assigned time frame.	I found it really challenging to complete the task because I kept hitting blocks.	I didn't feel excited at all whilst completing the task.
I was able to complete the task within the assigned time frame (but I was cutting it fine).	I found the task easy at the beginning and then I found it challenging when I tried to dig deeper.	I felt excited about some parts of the task and unimpressed by others.
I was able to comfortably complete the task within the assigned time frame.	I was able to complete the task with total ease.	I felt so excited whilst completing the task; I'd love to do it again or dive deeper.

2. Tally up your scores:

Red Zone = ALERT	Orange Zone = MONITOR	Green Zone = FLOW
None 1 2 3	None 1 2 3	None 1 2 3



3. What was your dominant zone for this task?

4. What does this reveal about your strengths?

5. What does this reveal about your likes/loves/interests?

6. What does this reveal about your dislikes/hates/unacceptables?

7. *REFLECT: Have you selected an area that you're connected to for your project or do you need to pivot?*