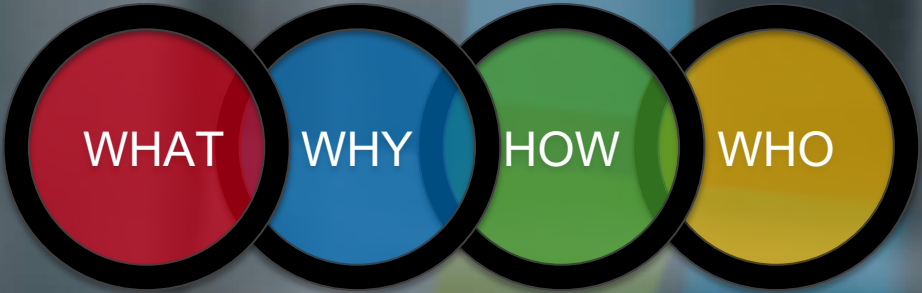
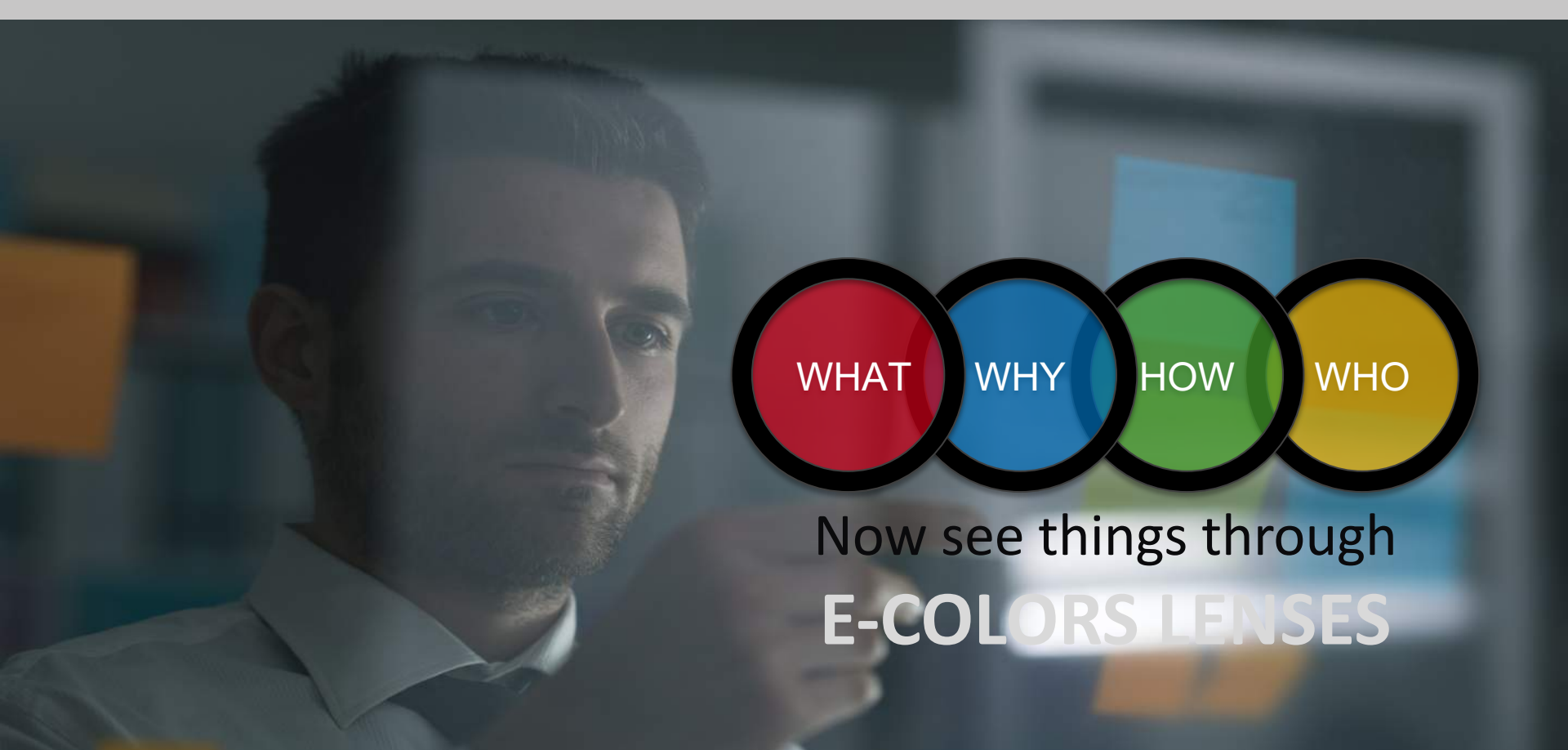


An exercise with your Accountability and Thinking partner!



Doing your best isn't good enough,
you have to know what to do and
then do your best.





Now see things through
E-COLORS LENSES

Write down a goal or an objective that
you would like to achieve in the
next **three - five years.**

STRENGTHS

RED / DOER

Practical
Strong willed
Decisive
Efficient
Achiever
Competitive
Independent
Strong Ego

GREEN / THINKER

Perfectionist
Accurate
Persistent
Serious
Analytical
Orderly
Cautious
Logical



YELLOW / SOCIALIZER

Optimistic
Enthusiastic
Persuasive
Animated
Talkative
Stimulating
Influencing
People oriented

BLUE / RELATER

Supportive
Agreeable
Contented
Calm
Amiable
Thorough
Dependable
Loyal



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Write down three of your **strengths**

1. xxxxxx

2. xxxxxx

3. xxxxxx



POTENTIAL LIMITERS

RED / DOER

- Domineering
- Pushy
- Impatient
- Unapproachable
- Tough
- Harsh
- Poor listener
- Insensitive

GREEN / THINKER

- Too serious
- Picky
- Judgmental
- Fears criticism
- Critical
- Self critical
- Procrastinates
- Detached



YELLOW / SOCIALIZER

- Emotional
- Disorganized
- Excitable
- Reactive
- Undisciplined
- Vain
- Manipulative
- Overly talkative

BLUE / RELATER

- Stubborn
- Unsure
- Awkward
- Reluctant to speak up
- Possessive
- Insecure
- Resistant to change
- Slow to decide



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Write down three of your **potential limiters**

- 1. xxxxx**
- 2. xxxxx**
- 3. xxxxx**



Circle which **one of the three potential limiters** would most likely impact your ability to achieve your goal or objective.

1. xxxxx

2. xxxxx

3. xxxxx



Now pair up with your accountability and thinking partner and share your objective and potential limiter and ask them to coach you on how they would address the challenge.

Take 10 minutes each



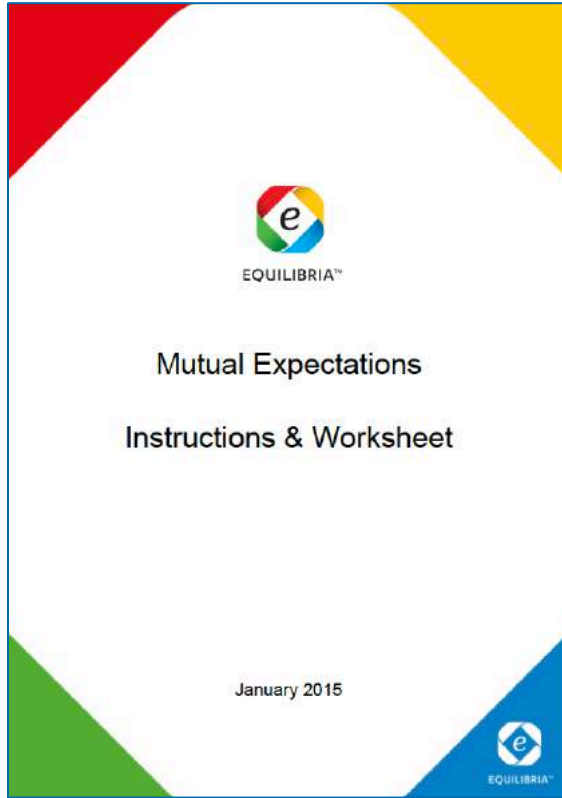
PEOPLE CAN'T LIVE UP
TO THE EXPECTATIONS
THEY DON'T KNOW
HAVE BEEN SET FOR THEM



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MUTUAL EXPECTATIONS WORKSHEET

Part A:
 Expectations I have of _____ in his or her role as my _____
(Name & E-Colors)

	Expectation	Clarifying Detail
1		
2		
3		
4		
5		

Part B:
 Expectations of _____ for me in my role as _____
(Name & E-Colors)

	Expectation	Clarifying Detail
1		
2		
3		
4		
5		

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