

The Raw Material

What You're Made Of

List ten things you regularly do. Place each on the grid — good at it, and does it energise you? Then choose the two to build the next decade on.

Ten things I regularly do at work or outside it

Competences to hand on good at it — and it drains you

Worth growing energising, even if you're not good yet

My two top-left strengths good at it AND it gives something back
