



# Work-from-home worksheet

My experience	Notes	Adjustments to make
<b>My style</b>		
Example: Integrator. I like to do yoga in the afternoon, and I do my best thinking in the evenings when it's quiet.		
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<b>My preferred working conditions:</b>		
Example: I like to have blocks of time each day to do uninterrupted deep work.		
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<b>My daily rituals:</b>		
Example: Making coffee, lunchtime walk.		
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<b>How I've personalized my space:</b>		
Example: Plants, candle.		
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<b>Ergonomic checklist:</b>		
Example: Overall pretty good. Knees get sore when I'm standing. Eyes get tired.		
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<b>My biggest distractions:</b>		
Example: Slack, phone apps.		
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<b>My preferred break times:</b>		
Example: Lunchtime, late afternoon.		
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<b>Overall rating and areas to adjust:</b>		
Example: My work-from-home experience is about 75% there.		