



1: Introversion 101

W o r k s h e e t s

What work, family, or social activities do you do that will build your energy?

Which of these activities are your turbo boosters?

What work, family, or social activities do you do that drain your energy?

Based on the definition and discussion on pages 22-24, do you consider yourself shy as well? Understanding the difference between introversion and shyness will help you focus on solutions.

Consider different work and personal circumstances throughout your day and where they typically lie on the Introversion-Extroversion Continuum.