

# Sustainable Performance Experiments

	<i>Most people</i>	← <b>What will you experiment with?</b> →	<i>Exemplars</i>
Reflection on the best / worst ways to work	Work on auto-pilot		Have done deep reflection and have clear rules
Attitude to 'to do list'	Feel anxious if they can't get through everything		Made peace with not getting everything done
Transition to home life	Have no ritual to switch from work to home mode		Have a ritual to switch from work to personal mode
Work / home boundaries	Very blurry boundaries between work and home. Not really thought about topic		Has thought about and created clear boundaries between work and home
Opposite world and outside interests	No 'opposite world'. Work is the focus		Many interests, identities and activities outside of work
Phone strategy	Don't have a strategy.. Check their phone throughout the night. Look at emails		On arriving home put phone in a different room and don't check it
Who am I?	Identity is closely tied to work and career		Is a multi-dimensional person. Wears many hats and plays different life roles