

Question 1

A combination of different behavioral styles in one place can sometimes cause some friction. Can you think of three things that you do that you can be more aware of to reduce friction in your household?

- 1.
- 2.
- 3.

Question 2

Communication is key to resolving, and even preventing, conflict. Now that you've identified a few ways there is friction, what are a few ways you can start adapting to the people around you? List your top three ideas here.

- 1.
- 2.
- 3.

Question 3

Your needs are just as important as the people around you, even if you may sometimes feel like you are a priority. If you're working from home, sometimes children, spouses or housemates don't quite get the memo that you're trying to get work done. Can you think of a few ways you can communicate your needs to the people around you?

Here are some hints... just complete the sentences.

- I find I am less productive when _____.
- To increase my productivity, I would appreciate _____.
- It makes me feel frustration when _____.
- Do you think we could work together to find balance by _____?
- It's rough right now and I'm having a hard time with _____.
- Can we talk about doing _____ to help us both adjust?

Question 4

What can you do to improve your physical environment at home? Select all that apply.

- Designate a 'Work From Home' spot.
- Tidy up communal areas.
- Follow a routine.
- Check in with coworkers and loved ones on web chat.
- Exercise daily.