

## ACT - 4Q1

*Exhilarating*

Crisis  
Pressing problems  
Today's deadlines  
Immediate communication  
Endless cycle of meetings  
Immediate client needs  
Family or relationship problems

*Depleting*

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Excessive cortisol, high epinephrine, nor epinephrine. Not sustainable, yet most common daily working quadrant. Possibly excessive dopamine.

## IMPACT - 4Q2

*Transformational*

Proposals & planning  
Client interaction  
Strategic thinking  
Professional study or growth  
Communication with team  
Nurturing relationships  
Personal wellbeing

*Obsessive & Isolating*

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High oxytocin, healthy dopamine, sustainable, high serotonin (satisfaction on achievement). Nor epinephrine for focus.

VALUE

CONTROL

## REACT - 4Q3

*Validating & Enabling*

Constant phone calls and emails  
Unimportant meetings  
Other people's worries, questions and priorities  
Other people's monkeys  
Distraction and interruptions  
Have you got 30 seconds?

*Narcissistic & Disempowering*

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High cortisol. Frustrated because of other people's demands. Teach them to self-feed. Up-skill others and enable. Coaching opportunity. Delegate.

## DISTRACT - 4Q4

*Connection*

Internet surfing  
Social media  
Low-value reading  
Gaming  
Excessive shopping/eating

*Addiction & Isolating*

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Excessive dopamine. Addictive behaviour that add little value. A complete and utter waste of your brain matter. More addictive than alcohol and nicotine.