

First 90 days in a new job

Week that repeats

Start: _____

Focus block: _____

Hard stop: _____

Energy

Drain 1: _____

Drain 2: _____

What I will shrink if I am flat: _____

Ask

I want to do this job well. Two things would help:

1. _____

2. _____

If either is awkward, what would work instead?

Reviews

Day 30 keep / drop: _____

Day 60 keep / drop: _____

Day 90 keep / drop: _____

Not medical advice and not a diagnosis. Nancy Osazee, Founder.