



JENNIFER LEÓN

4Os Identification Activity

Purpose: Identify examples where you experience(d) the 4Os to increase your awareness

	Example	Overexcitement	Overcommitment	Overworked	Overwhelmed
1	<i>Friday at work</i>	<i>Got a great idea to do a special project to promote team engagement</i>	<i>Told boss doing this and he loved it and didn't assess if enough space in my schedule to do it</i>	<i>Working late hours because can't manage existing work and this extra project</i>	<i>Feel uneasy, anxious, no space to think of anything but work, dissatisfied cause want to do this</i>
2					
3					

