



1st **Recharge**

Learn how to recharge completely unplugged.



2nd **Connect**

Be present with family or friends without work.



3rd **Socialize**

Be present with people - Casual mode.



4th **Multi-task**

Work hard on various tasks.



5th **Focus**

Get in the zone - Total Focus.



R **Responsive**

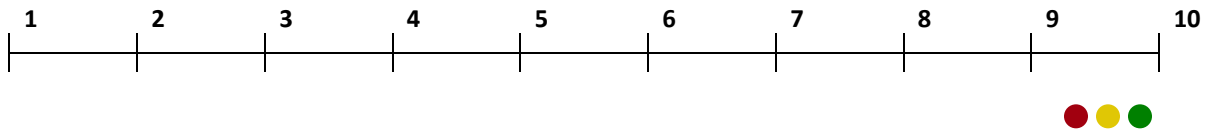
Responsive Mode: Apologizing.

THE 5 GEARS ASSESSMENT

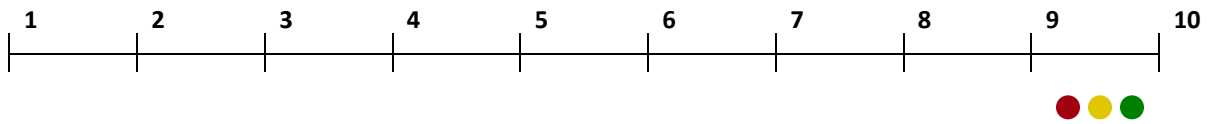
Step 1: For each Gear, use the spectrum graph to rank how often you are in that Gear using the spectrum below (1 = never, 10 = always).

Step 2: After ranking your Gear, give each Gear a “healthy” rating based on whether you think this Gear is Healthy (Green), Unhealthy (Red), or somewhere in between.

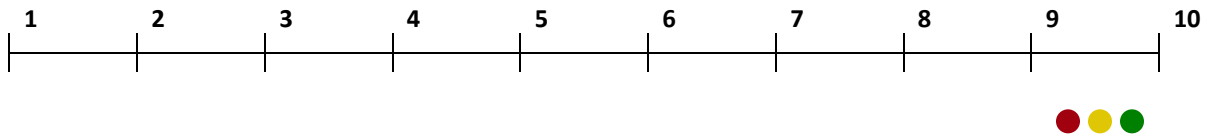
5th Gear: Focus Mode



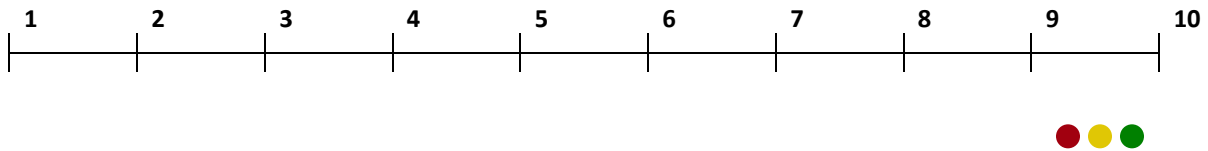
4th Gear: Task Mode



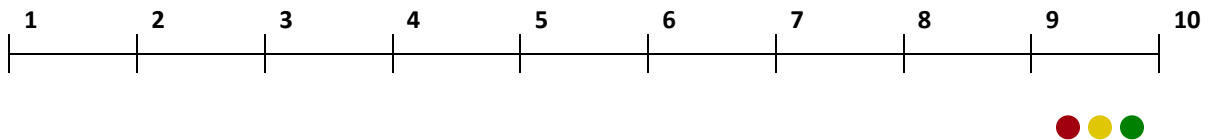
3rd Gear: Social Mode



2nd Gear: Connect Mode



1st Gear: Recharge Mode



WHAT'S YOUR GEAR ORDER?