

# TOOL: THE PLACEMAT PROCESS

NAME: \_\_\_\_\_

## Authentic Buffalo: A Process to Speed Trust & Increase Authenticity

**EXPECTATION:** Score the following with true honesty so that you can advocate for yourself and increase your ability to be authentic and courageous with people alongside you.

### PERSONALITY

1  2 3  5

EXTROVERT  
Let's get started!

AMBIVERT  
Maybe.

INTROVERT  
I'll be over here.

### RISK

1  2 3 4 5  5

RISK AVERSE  
You can jump.

LOVE RISK  
I'm jumping!

### CHANGE

1  2 3 4 5  5

Change creates significant frustration for me.

Change creates significant energy for me.

### CONFLICT

1  2 3 4 5  5

FLIGHT

FREEZE

FIGHT


### ORGANIZATION

1  2 3 4 5  5

I own a label maker.

Give me a minute... I know it's here somewhere.

### PEOPLE PRIORITY

1  2 3 4 5  5

You are sometimes accused of being self-centered.

You often find yourself serving others more than yourself.

### TIME

1  2 3 4 5  5

VALUABLE  
Please get to the point.

MEH  
Have I ever told you about the time...

### TRUST

1  2 3 4 5  5

Builds over time for me.

Hey stranger, here are my car keys!

## MOTIVATORS

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## VALUES

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## FRUSTRATIONS

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## NEEDS

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# Authentic Buffalo: A Process to Speed Trust & Increase Authenticity

**EXPECTATION:** Honestly share your current point of view on the following and describe what is going well and what needs to change.

## I AM RESPECTED



## I AM HEARD



## I AM APPRECIATED



## I FEEL LIKE I BELONG



## I AM AUTHENTIC



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**NORMS TO SUPPORT OUR AUTHENTICITY**

# 10 TIPS FOR WORKING WITH ME



- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

# TIPS FROM SOMEONE WHO LOVES ME