


BAD REBEL, GOOD REBEL QUICK SCAN

| | <i>tick one of the boxes</i> | | | <i>ticked the left box? define an action to improve:</i> |
|---------------|------------------------------|--------------------------|---------------|--|
| trouble maker | <input type="checkbox"/> | <input type="checkbox"/> | trouble fixer | _____ |
| unethical | <input type="checkbox"/> | <input type="checkbox"/> | humane | _____ |
| complaining | <input type="checkbox"/> | <input type="checkbox"/> | supportive | _____ |
| obstructing | <input type="checkbox"/> | <input type="checkbox"/> | accelerating | _____ |
| polarising | <input type="checkbox"/> | <input type="checkbox"/> | connecting | _____ |
| cynical | <input type="checkbox"/> | <input type="checkbox"/> | hopeful | _____ |
| grumpy | <input type="checkbox"/> | <input type="checkbox"/> | loveable | _____ |
| enervate | <input type="checkbox"/> | <input type="checkbox"/> | energise | _____ |
| "they can't" | <input type="checkbox"/> | <input type="checkbox"/> | "we can" | _____ |

how this exercise works

step 1
 assess yourself (or someone else) on the nine behaviours by ticking the box that suits best (behaviour that is shown majority of the time)

step 2
 no boxes ticked on the left side? *congrats* – you are a true constructive rebel!
 else: you've got some work to do... reflect on each behaviour trait where you ticked the box on the left and define actions to improve yourself



learn more about constructive versus destructive rebel behaviour