

# Think like an ant...

A guided  
reflection for  
noticing your  
behavioural  
patterns



# Think like an ant: A Guided Reflection Worksheet

## Why Use This Worksheet?

This reflection tool helps you:

- Notice your behavioural patterns
- Identify your natural strengths (*Golden Modes*)
- Spot energy-draining habits
- Understand your impact on others
- Strengthen collaboration and clarity
- Make small, intentional shifts that support effective teamwork

*This is a simple reflection tool inspired by the quiet wisdom of nature. Use it to **pause**, **notice** your behavioural **patterns**, and **explore** how the **Golden Modes** can help you **respond** more effectively in teams, relationships, and everyday situations.*

**Small insights can create meaningful shifts.**

## 1. OBSERVING THE SCENE

Think of a recent moment when you were part of a group (team meeting, family situation, project discussion).

- What was happening?

  

- How did you feel?

  

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- What did you do first?

## 2. THE 'GOLDEN MODES': WHERE DID YOU SHOW UP MOST NATURALLY?

Circle or highlight the modes that describe your behaviour:

**Accounting:** I stayed grounded and focused on what was really happening.

**Structuring:** I brought clarity, organisation, or direction.

**Nurturing:** I offered support, empathy, or steadiness.

**Cooperative:** I collaborated, listened, flexed, or built connection.

**Spontaneous:** I introduced creativity, curiosity, or fresh energy.

### Reflection:

What made that mode available to you in that moment?

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### 3. THE PURPLE PITFALLS: WHERE DID ENERGY GET DRAINED?

Tick any that appeared for you:

**Dominating:** Needing control, pushing, insisting.

**Marshmallowing:** Saying yes too much, rescuing, absorbing too much.

**Compliant/Resistant:** Nodding outside, resisting inside.

**Immature:** Scattered, chaotic, emotionally unpredictable.

#### Reflection:

What triggered this shift? What did it cost you or the group?

### 4. WHAT WOULD THE ANTS DO?

Choose one moment where you felt stuck. If you were to borrow wisdom from the ants...

- What would they pay attention to?

- What small action would they take?

- How would they move forward: calmly, collaboratively, creatively?

## 5. YOUR ANT INSPIRED INTENTION

This week, I will practise acting more like an ant by...

*(choose one Golden Mode and write a practical micro-action)*