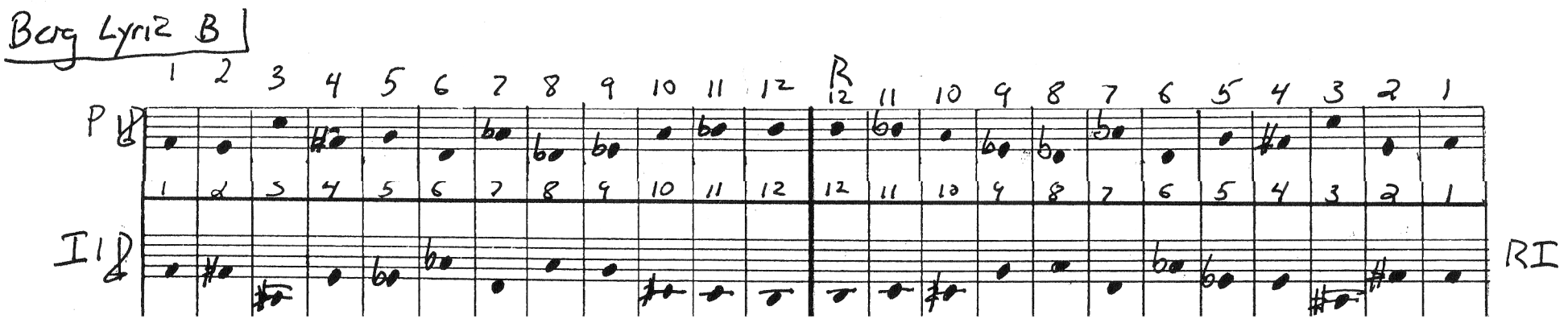
Greg Sinibaldi turned me onto this Alban Berg 12 tone row. Good 12 tone rows are extremely difficult to compose so I like to work with good ones written by geniuses as training before I write my own.

P1 - This is the primary row. The original 12 notes that Berg settled on.
R - This is P1 in retrograde (backwards)
I1 - This is P1 inverted
RI - This is the retrograde of P1 inverted