

Positive Bias

- I will use positive language, including phrases like, "Yes, and..."
- I will bias my action toward positive outcomes for me and for the people around me.

Emotional State

1) I feel _____

Complete the sentence with any word or phrase.

2) I feel *glad / sad / mad / afraid* _____

Complete the sentence with one or more of the words glad, sad, mad, and afraid.

3) More Information about how I feel right now :

Help

Ways I will ask for help:

Name _____

Signature _____

Date _____

Team Transformation Canvas

Freedom & Autonomy

- I can opt out of any activity at any time for any reason.
- I can exit any situation at any time for any reason.

Personal Alignment

1) I want _____

Complete the sentence with your biggest, most important want.

2) What's blocking me from what I want:

3) I want _____

Complete the sentence with one of these words:

self-awareness presence*
integrity self-care
courage fun
passion wisdom
peace health

4) My signal and response:

When I _____

I want my friends and colleagues to _____

5) How I will practice my alignment:

Investigating Myself

- What does your alignment word mean to you?
- How will a friend be able to observe that you are practicing your alignment?
- Is there anything else about your alignment?
- What would you like to have happen?

Perfecting My Alignment

1) Score from 1 to 10: _____

2) Positive attributes about my alignment:

3) What else it would take to make it a perfect 10: