

	I accept personal responsibility for the outcome of the team. Meaning I do whatever it takes for the team to be successful and I don't ever BLAME someone for any kind of failure. 10 if you never play the blame game (on your team at work and home). 5 if you catch yourself and change your approach. 0 if you still look for someone to throw under the bus when something goes wrong.
	I listen more than I talk in team meetings. Meaning I want to hear everyone else's input and ideas so that the best decision can be made. 10 if you always listen more than you speak. 5 if you are aware of this and while you don't do it 100%, you catch yourself and shut up. 0 if you want to do all the talking.
	I allow others to finish their thoughts before I speak. 10 if you never talk over someone else. 5 if you are aware and let others finish most of the time. 0 if you finish other people's sentences for them.
	I show up for meetings on time. I am focused on the team and not my phone when in meetings. I am consistent and reliable. I meet my deadlines. 10 if yes to all of these all the time. 5 if you get any of them right most of the time. 0 if you are late, on your phone and miss deadlines.
	I am flexible and willing to help wherever I'm needed. I never say, "that's not my job", and I look for others who are struggling and offer my help. 10 if yes to all of this all the time. 5 if you do any of these consistently. 0 if you only worry about your tasks.
	I show up positive, focus on solutions and can honor other people's perspectives without making them wrong. 10 if yes to all of this all of the time. 5 if negative still shows up and you catch it and reframe it to positive and you recognize that your truth is just your truth. 0 if you feel like your opinion matters more and that it's ok to be negative because you are just being realistic.
	I have taken time to get to know my team members. I know about their families, what's important to them, what they do for fun. 10 if you can list (and name) the people and things most important to each of them. 5 if you can list (and name) some of the people and things most important. 0 if you are lucky to know their names.
	I ask questions before I react to know how to appropriately respond. I demonstrate empathy for someone else's situation. I care about my team as human beings. I recognize that I never know what's going on with someone unless I ask them. 10 if you are empathetic and willing to be there for others. 5 if you do this more often than not and desire to do it all the time. 0 if you react first and often put your foot in your mouth because you jumped to conclusions about another.
	I bring the enthusiasm to the team. I take responsibility for bringing positive energy and I am looking for ways to raise the vibe for myself and my team. 10 if this is you all the time. 5 if you recognize when the energy is low, and you shift yours to raise the energy of the whole. 0 if you sit like a bump on a log and just feed off everyone else's energy.
	I trust my team and they trust me. Meaning I have taken the time to build a trusting relationship with each individual and I know they have my back and they know I have theirs. 10 if you consciously develop trusting relationships with your team. 5 if you are building that trust through accountability (doing what you said you would do when you said you would do it). 0 if you don't trust them and they don't trust you.