Being a 5 STARRS© Individual

The State of the "YOUnion?"

1 = Never **2** = Rarely **3** = Sometimes **4** = Often **5** = Daily

Service

I recognize my teammates for their good work.	**1 2 3 4 5**
I give small gestures of kindness to my teammates.	**1 2 3 4 5**

Teamwork

I focus on my teammates when they are talking to me.	**1 2 3 4 5**
I check in with my teammates, and know about their joys and struggles.	**1 2 3 4 5**

Attitude

I enjoy coming to work.	**1 2 3 4 5**
I help to create a positive and encouraging team culture.	**1 2 3 4 5**

Reflection

I know and embody the mission of our practice.	**1 2 3 4 5**
I regularly connect with those things that have meaning in my work.	**1 2 3 4 5**

Renewal

I have fun in my work environment.	**1 2 3 4 5**
I take time to celebrate my/our successes.	**1 2 3 4 5**

Self-Care

I follow and encourage a physically healthy lifestyle.	**1 2 3 4 5**
I take time for stress reduction/relaxation.	**1 2 3 4 5**

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Being a 5 STARRS© Team

The State of the "Union?"

1 = Never **2** = Rarely **3** = Sometimes **4** = Often **5** = Daily

Service

We recognize each other for our good work.	**1 2 3 4 5**
We give small gestures of kindness to each other.	**1 2 3 4 5**

Teamwork

We focus on each other when talking.	**1 2 3 4 5**
We check in with each other, and know about our joys and struggles.	**1 2 3 4 5**

Attitude

Everyone seems to enjoy coming to work.	**1 2 3 4 5**
Everyone contributes to create a positive and encouraging team culture.	**1 2 3 4 5**

Reflection

We know and embody the mission of our practice.	**1 2 3 4 5**
We regularly connect with those things that have meaning in our work.	**1 2 3 4 5**

Renewal

We have fun in our work environment.	**1 2 3 4 5**
We take time to celebrate our successes.	**1 2 3 4 5**

Self-Care

We follow and encourage a physically healthy lifestyle.	**1 2 3 4 5**
We take time for stress reduction/relaxation.	**1 2 3 4 5**

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