

Being a 5 STARRS[®] Individual

The State of the “YOUunion?”

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

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