

# STARRS ASSESSMENT

## Part one: The State of the YOUnion

	Never	Rarely	Sometimes	Often	Daily
<b>Service</b>					
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
<b>Teamwork</b>					
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
<b>Attitude</b>					
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
<b>Reflection</b>					
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
<b>Renewal</b>					
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
<b>Self-care</b>					
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

## Part two: The State of the Union

	Never	Rarely	Sometimes	Often	Daily
<b>Service</b>					
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
<b>Teamwork</b>					
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
<b>Attitude</b>					
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
<b>Reflection</b>					
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
<b>Renewal</b>					
We have fun in our work environment.	1	2	3	4	5
We take time to celebrate our successes.	1	2	3	4	5
<b>Self-care</b>					
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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