



Team Balance by Letting Go

1. Who will you be to your team? What do YOU want to contribute?
2. Are you already part of team? Is your team dynamics healthy?
3. Are you operating at a higher place?
4. Where are you on the Emotional Scale? What does knowing your emotional scale level bring about?
5. What is the one thing that you have to leave behind if you want a team to move forward?
6. Why do we have so many negative thoughts? Do you find this to be truth for you?

EXERCISE

Thinking about just today: How many times do you think a negative thought crept in to affect your team's success? Can you think of a time where you said, "_____ just needs to change"?



Team Balance by Letting Go cont..

7. Where are negative thoughts born through and that _____=STRESS, right?

8. What does “Letting Go” NOT mean?

9. Name a few things that are essential for team dynamics.

10. In the first process of “letting it go” who do you need to deal with first?

11. What kind of a team could you be without all the emotional “stuff”?

RECAP QUESTION:

How will you take this information and apply it to yourself today? How can you improve your satisfaction as being part of a team environment but also what can you do contribute to the overall effectiveness of your team?