

GO TEAM!

PART III



Worksheet 10

This exercise invites you to identify the teams you're a part of, and to become more aware of what you bring to them—how you relate to others within them, and what you receive in return. Whether the team is formal or informal, professional or personal, this awareness can help strengthen your role within it and contribute more effectively to the well-being of the group as a whole.



What teams am I currently part of—at work, at home, or in other areas of life?

Include any groups—formal or informal—that collaborate toward a shared purpose, such as family units, volunteer circles, community projects, as well as work-related teams.



What are the goals of each team?

Reflect on the specific objectives of each team and the team's role in achieving a broader mission or purpose.



Who is part of each team, and what roles do they play?

Consider the skills, strengths, and responsibilities each member brings. How do these roles support the team's goals?



What is my role within each team?

Reflect on where you fit into the team dynamic: What are your responsibilities, and how do you relate to the contributions of others? What unique qualities or perspectives do you bring? How does your presence influence the atmosphere and effectiveness of the team?



In what ways do I support the team leader?

Do you contribute to decision-making, offer feedback, suggest solutions, carry out decisions, help manage team dynamics, or offer moral support?



How do I support the other team members?

Reflect on how you help create a positive team environment. Do you offer assistance, share knowledge, or provide emotional support when needed? How do you encourage trust, collaboration, and cooperation among your teammates?



What do I receive personally from being on this team?

Think beyond tangible rewards like income or recognition. How does being part of the team support your growth—through developing new skills, building relationships, increasing self-confidence, or deepening your sense of belonging and shared purpose?



How might I play my part more effectively within the team?

Identify specific ways you could enhance your contribution—perhaps by communicating with greater clarity and awareness, offering support more readily, sharing your ideas, being more attentive to the needs of the group, or developing the knowledge and skills that would strengthen your role.
