



# SELF-ASSESSMENT

## of the 7 Must Habits that Contribute to Psychologically Safe & Inclusive Teams

This self-assessment is designed for you to evaluate your current confidence of how you are applying each habit with 100% of your team members all the time. Consider each of the below intrapersonal and interpersonal habits and how you feel you apply them daily on a scale of 1 (no confidence) to 10 (high confidence). We recommend you complete this self-assessment every 90-days to continue evaluating your performance.

### PURPOSE

Why do you get up to go to work each day? Is it just for a paycheque or is it because you feel a sense of pride and purpose in the work you do? How would you describe your sense of purpose on a scale of 1 (purposeless) to 10 (a great sense of purpose)

**PURPOSELESS** —  **+** **PURPOSEFUL** **/10**

### TOLERANT

How would you rate your level of tolerance at work? 1 - you are irritable, frustrated, unempathetic towards your peers, or 10 - you are patient, open and accepting of others even when they may make mistakes.

**INTOLERANT** —  **+** **TOLERANT** **/10**

### ACCOUNTABLE

Being accountable means acting the appropriate way and promoting the organizational values even when no one is watching. On the below scale, how would you rate your level of accountability from 1 (unaccountable) to 10 (accountable)?

**UNACCOUNTABLE** —  **+** **ACCOUNTABLE** **/10**

### SELF-CARE

Maintaining your own physical and mental health is imperative to supporting a psychologically safe workplace. How would you rate your level of self-care on a daily basis? Do you neglect your own health (1) or are you intentional in making healthy decisions for yourself physically and mentally (10)?

**SELF-NEGLECT** —  **+** **SELF-CARE** **/10**

### CONNECTIONS

What is your level of confidence that you have psychologically safe connections at work? Are you disconnected (1), isolated and unapproachable, or do you feel like you have teammates that you feel safe and are connected with (10)?

**DISCONNECTED** —  **+** **CONNECTED** **/10**

### TEAM PLAYER

On a scale of 1 (Bad Sport - unsupportive, argumentative, need to be first) to 10 (Team player - supportive, team oriented, open to others ideas and successes) how would you rate your level of confidence that you are a Team Player at work?

**BAD SPORT** —  **+** **TEAM PLAYER** **/10**

### CARING

Being open, approachable, and demonstrating a genuine interest in others' successes and experiences is crucial to creating inclusive teams. How would you rate your level of confidence from 1 to 10 that you are a caring employee at work?

**UNCARING** —  **+** **CARING** **/10**