

WEEKLY 7 MUST HABITS

Required by All Employees to Create Psychologically Safe & Inclusive Teams



Take accountability for your behaviour, your intrapersonal and interpersonal habits. Every interaction with others on your team can influence their experience. You can discover new ways to positively impact others through learning and practice.

Each week, pick at least one Intrapersonal and one Interpersonal key performance behaviour (KPB) for your focus:

This week's intrapersonal skill focus:

This week's interpersonal skill focus:

PURPOSE

TOLERANT

ACCOUNTABLE

SELF-CARE



CONNECTIONS

TEAM PLAYER

CARING



Recommendation for mastery is to continue to review:

- *The Habits Playbook for Creating Psychologically Safe & Inclusive Teams PDF and Audio*

Reflection on the habits you picked to practice last week:

Discuss one **interpersonal** skill that you focused on last week and consider the following questions:

What was the benefit?

What was the challenge?

What did you learn from it?

Discuss one **Intrapersonal** skill that you focused on last week and consider the following questions:

What was the benefit?

What was the challenge?

What did you learn from it?

Planning for next week:

Pick one or two intrapersonal & interpersonal habits to focus on this week and briefly explain why you picked them.

This week's intrapersonal skill focus:

This week's interpersonal skill focus:

Habit checklist:

- Reminder - every 90-days complete your intra/interpersonal habit self-assessment.
- Consider engaging a partner who can help hold you accountable for your weekly progress.
- Review the *Habits Playbook* to help reinforce and relearn habits that matter for creating a psychologically safe team.



“Once you remove any hint of judgment, changing your habits becomes an uplifting journey of self-discovery.”
— B.J. Fogg