

# The Team and Me

**Directions:** Think about your behavior in a recent group or team situation. Read through the list and put a check in the appropriate column after each behavior. Then decide how you would most like to improve. Set a goal in that area and go for it!

	OK	Need To Do More Of	Need To Do Less Of
<b>Communication Skills</b>			
Talking in the group			
Listening actively			
Inviting others to speak			
Staying on the topic			
<b>Leadership Skills</b>			
Giving directions and information			
Inspiring/encouraging others			
Pitching in and helping others			
<b>Problem Solving Skills</b>			
Stating problems and goals			
Asking for ideas and opinions			
Giving ideas			
Evaluation ideas			
<b>Team Building Skills</b>			
Showing interest			
Expressing appreciation			
Helping achieve agreement			
Reducing tension			
<b>Expressing Feelings</b>			
Telling others what I feel			
Disagreeing openly			
Being sarcastic			
Expressing humor			
<b>Getting Along With Others</b>			
Competing to out do others			
Dominating the group			
Criticizing others			
Helping others			
Being patient			