

Assess your role in supporting your colleagues' Self-Worth.  
Score yourself on the color scale and provide an example for each prompt.

## BELONGING

1. I strive to create a trusting environment with my colleagues.



*What specific actions do you take to develop trust?*

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2. I respect the different experiences and perspectives of my colleagues.



*Provide an example of how you do this.*

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3. I listen to and learn from my colleagues.



*What is something you recently learned from a colleague?*

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4. I spend time getting to know my colleagues' individual strengths.



*How do you learn their strengths?*

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5. My colleagues feel respected.



*How do you know when your colleagues feel respected?*

## HEROES

1. My colleagues feel confident sharing their concerns with me.



*How do you build confidence among your colleagues?*

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2. I create regular opportunities for my colleagues to learn from each other.



*What specific opportunities exist for your colleagues to share their ideas with one another?*

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3. I share the struggles I experienced as a learner.



*How do you help your colleagues navigate the struggles they experience?*

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4. I am open and honest with my colleagues.



*How do you provide opportunities for your colleagues to share their honest feedback?*

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5. My colleagues know I do not have favorites.



*How do you ensure you remain fair and unbiased?*

## SENSE OF ACCOMPLISHMENT

1. My colleagues know I will support them rather than judge their struggles. 

*How do you keep judgements in check as you support your colleagues?*

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2. I celebrate my colleagues' successes. 

*Provide an example of how you celebrate success.*

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3. I recognize when my colleagues are overwhelmed. 

*How do you support your colleagues when they feel demoralized?*

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4. I realize when my colleagues are trying their best. 

*How do you support your colleagues when they are doing everything they can, but are still struggling?*

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5. My colleagues know I believe in them. 

*How do you show your colleagues you respect and admire them?*