

Self-Assessment: Am I a Team Player?

(adapted from Schweikert, 2012, p. 12-13)

Check the box to rate yourself on how often you demonstrate these positive teaming behaviors. You may write notes to review later. What are you doing well right now? What would you like to improve upon?

Statement	Always	Usually	Sometimes	Never
1. I speak with other adults in a respectful and professional manner.				
2. I encourage, support, and nurture other adults.				
3. I take time to appreciate the lives, values, and personal priorities of other adults.				
4. During work, I take time for myself to focus my thoughts and to renew my physical strength and mental outlook.				
5. I do not participate in gossip, but speak directly to adults with whom I have questions or issues.				
6. I share my skills and abilities with other adults.				
7. Without being asked, I help others by proposing and carrying out creative solutions and improving problematic situations.				
8. I talk with other adults in real conversations about what they are doing and thinking and do not judge but try to understand.				