

This is where a question would go?

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Asking them their opinion?

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Reflect and answer this question?

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Use box instead of lines for a brainstorming question:

Close the page with a longer explanation of why you asked them the questions you did and how to reflect on this page to get the most value from it. Maybe use a statistic, or a rhetoric question? Give some expert advice. This will help them recognize the impact and application of the content from this page.

# OWN YOUR CAREER.



WEEK 3  
ASSESSMENT

EVALUATE WHERE  
YOU ARE NOW

Provide a brief explanation of the questions on this page so they know why they're being asked and what they should think about when answering them.

Rate something from 1-10.

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Rate something else from 1-10.

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Short question?

Yes	Sometimes	No
-----	-----------	----

Short question?

Yes	Sometimes	No
-----	-----------	----

Have some sort of question that gets broken down into different parts or areas?

Thing: \_\_\_\_\_

Home: \_\_\_\_\_

Work: \_\_\_\_\_

Dream: \_\_\_\_\_

Past: \_\_\_\_\_

Reflect and answer this question?

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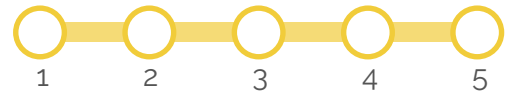
# QUESTIONS FOR HIGH PERFORMING TEAMS

## PSYCHOLOGICAL SAFETY



Can we take risks on this team without feeling insecure or embarrassed?

How well is your team doing on this today?  
(1=bad, 5=great)

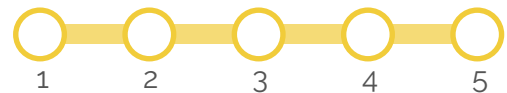


## DEPENDABILITY



Can we count on each other to do high-quality work on time?

How well is your team doing on this today?  
(1=bad, 5=great)

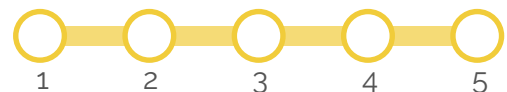


## STRUCTURE & CLARITY



Are goals, roles, and execution plans on our team clear?

How well is your team doing on this today?  
(1=bad, 5=great)



\*Based on Google re:work research





# Social/Emotional Behavior Cycle Checklist



Provide a brief explanation of the questions on this page so they know why they're being asked and what they should think about when answering them.

### **TITLE OF SOMETHING**

More explanation of this particular thing. Note that I add spaces to the end of text boxes so that every space between different text boxes is uniform. There are two spaces between different sections, and only one space between a title and the text associated with it.

### **TITLE OF SOMETHING**

Go into this section and, again, provide more information and detail. Explain the applications of it. Maybe use a statistic with percentages. Potentially link a helpful research article or allude to one of the podcast episodes.

### **TITLE OF SOMETHING**



Go into this section and, again, provide more information and detail. Explain the applications of it. Maybe use a statistic with percentages. Potentially link a helpful research article or allude to one of the podcast episodes.

Now ask a question that makes them deeply think about the content of this page and reflect inward about it. Give them a little tip to make it better.

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IN 10 WEEKS, THE GOAL I WANT TO ACCOMPLISH IS:

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HERE ARE 5 WAYS I CAN CONTRIBUTE TO THIS GOAL:

1:

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2:

---

3:

---

4:

---

5:

---

I CARE ABOUT THIS GOAL BECAUSE...

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---

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IF I ACHIEVE THIS GOAL IN 5 WEEKS, I WILL FEEL/BE...

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# Forced-Choice Reinforcement Menu

## Instructions:

For each of the 10 pairs, choose which one you would rather have happen. Which one would you like more?

☐

Teacher writes "100" on your paper. (A)

...or...

☐

Be first to finish your work. (CM)

☐

Classmates ask you to be on their team. (P)

...or...

☐

Be free to do what you like. (I)

☐

Friends ask you to sit with them. (P)

...or...

☐

Be the only one that can answer a question. (CM)

☐

Have your paper put on the bulletin board. (CM)

...or...

☐

Teacher writes "excellent" on your paper. (A)

☐

Teacher writes "100" on your paper. (A)

...or...

☐

Classmates ask you to be on their team. (P)



Bobby Johnson,  
Head of People at  
Best Firm, LLC

## Schedule Social Events

"We have to remember that not only our employees not getting the in-person social environment of the workplace, but they're also not getting their usual social environment at home either! It's more important than ever to make sure we schedule happy hours, coffee chats, and other social events with our people and our teams."

**Employees were asked, "Do you have a best friend at work?" Survey results showed respondents who answered "yes" were 43% more likely to report being recognized for work done in the last week. (Gallup)**



Lucia Manolo, COO  
at Design Company

## No "BS" Meetings

"We've seen that since workplaces went remote, teams and departments started having way more meetings. Just because you're not with each other in person, it doesn't mean you need to schedule all these meetings when updates and communication can happen through other channels."

**Compared with pre-lockdown levels, the number of meetings an average worker attends has risen by 13%, and the number of people in the average meetings has risen by 13.5%. (Harvard Business School)**

# week 1.



my habit for the week is:

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## importance

one short-term benefit

---

---

one long-term benefit

---

---

why this habit matters to me

---

---

resources to help me

---

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*"Habits are not a  
finish line to be  
crossed, they are a  
lifestyle to be lived."*

*- James Clear*

## habit pool

one. \_\_\_\_\_

two. \_\_\_\_\_

three. \_\_\_\_\_

four. \_\_\_\_\_

five. \_\_\_\_\_

six. \_\_\_\_\_

seven. \_\_\_\_\_

eight. \_\_\_\_\_

nine. \_\_\_\_\_

ten. \_\_\_\_\_

## daily tracker

M	T	W	R	F	A	U

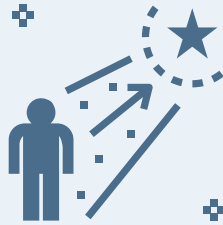
*my thoughts...*

*my reward...*

# MASLOW'S HIERARCHY OF NEEDS

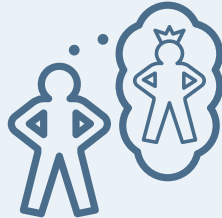
## *Explanation:*

These are the 5 basic needs of all humans. Needs lower on the scale must be met before needs on the top.



### 5: SELF-ACTUALIZATION

desire to become the most that one can be



### 4: ESTEEM

respect, self-esteem, status, recognition, strength, freedom



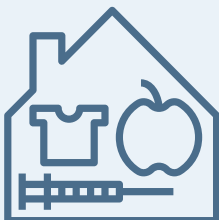
### 3: LOVE AND BELONGING

friendship, intimacy, family, sense of connection



### 2: SAFETY NEEDS

personal security, employment, resources, health, property



### 1: PHYSIOLOGICAL NEEDS

air, water, food, shelter, sleep, clothing, reproduction

# TITLE FOR PAGE HERE

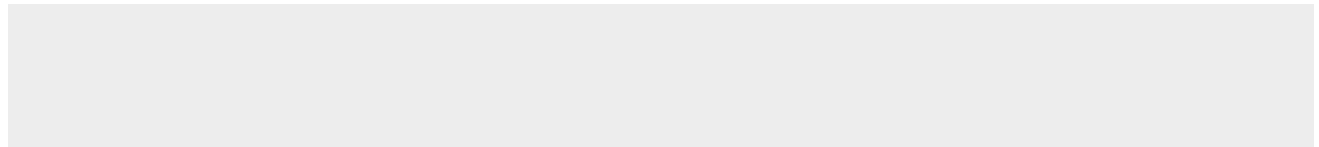
Sample body text goes here so we can imagine what this workbook will look like. Sample body text goes here so we can imagine what this workbook will look like. Sample body text goes here so we can imagine what this workbook will look like.

Sample body text goes here so we can imagine what this workbook will look like.

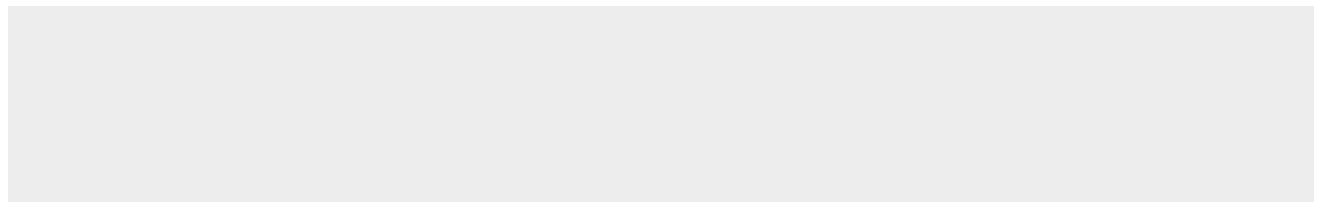
Then other text here that emphasizes something. Then other text here that summarizes something. Then other text here that summarizes something. Then other text here that summarizes something.

## Here's where we begin the interactive part:

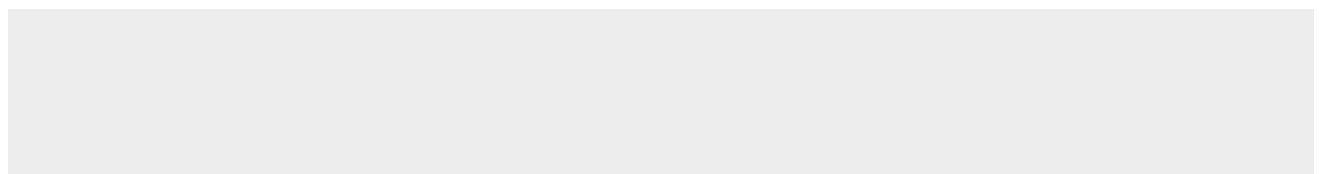
A sample question here?



Another sample question here for them to answer?



A smaller question again?



# check-in for: \_\_\_\_\_



## MORNING



I FEEL...



TODAY WOULD BE GREAT IF...



TODAY I'M GRATEFUL FOR...

1

2

3



TODAY'S AFFIRMATION IS...

## EVENING



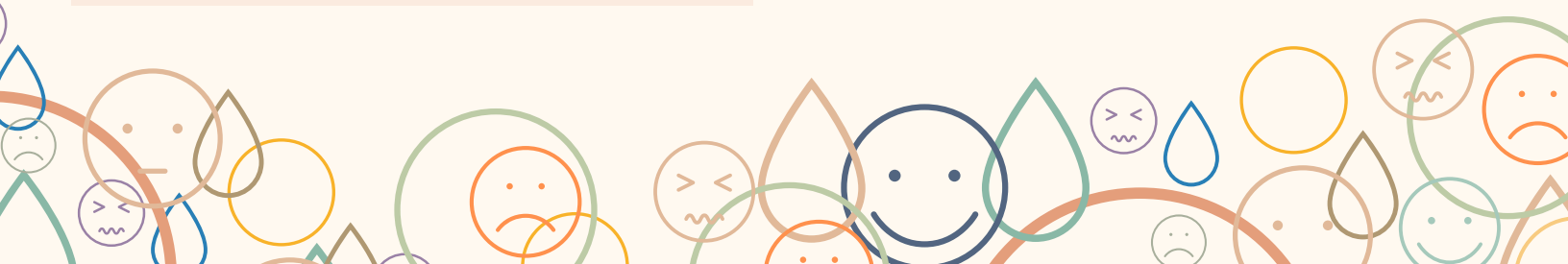
TODAY WAS...



IT COULD'VE BEEN BETTER IF...



TOMORROW, I HOPE...





# SOCIAL/EMOTIONAL BEHAVIOR CYCLE CHECKLIST

## Antecedents & Triggers

### When:

- ☐ Morning
- ☐ Afternoon
- ☐ Before/after \_\_\_\_\_

### Where:

- ☐ \_\_\_\_\_ classroom
- ☐ Hallways
- ☐ Home
- ☐ Stores
- ☐ Outside

### Type of activity:

- ☐ Unstructured
- ☐ Individual/independent
- ☐ Group
- ☐ With a partner
- ☐ Presentation
- ☐ Computer
- ☐ Transition
- ☐ Physical activity
- ☐ Other: \_\_\_\_\_

### People:

- ☐ Teacher
- ☐ Parent
- ☐ Classmate(s)
- ☐ Friends
- ☐ Therapist
- ☐ Other: \_\_\_\_\_

### Events:

- ☐ Demand, request, or directive
- ☐ Redirection
- ☐ Unexpected changes in routine
- ☐ Consequences imposed for behavior
- ☐ Adult denies request
- ☐ Provocation from other peers
- ☐ Peer encouragement
- ☐ Unwanted attention
- ☐ Other: \_\_\_\_\_