

..Do or do not. There is no try..
— Yoda (Star Wars) —

YES
WE
CAN

Please share your experiences with this
dialogue sheet with us.
remi-armand@connectivepartners.pro

1.

2.

3.



Team:

Date:

Outside World

Focus



Perceptions



Avoidance
Behavior



Avoid



ACT Team Matrixs - Dialogue Sheet

1. Preparing

Make sure each team member has a marker to write on this worksheet. Fill in today's date above.
Agree on how much time you will spend on this worksheet. three quarters of an hour to an hour is normal. Record the resulting end time below:

The purpose of this worksheet
is to make a more deliberate
commitment on shared values.

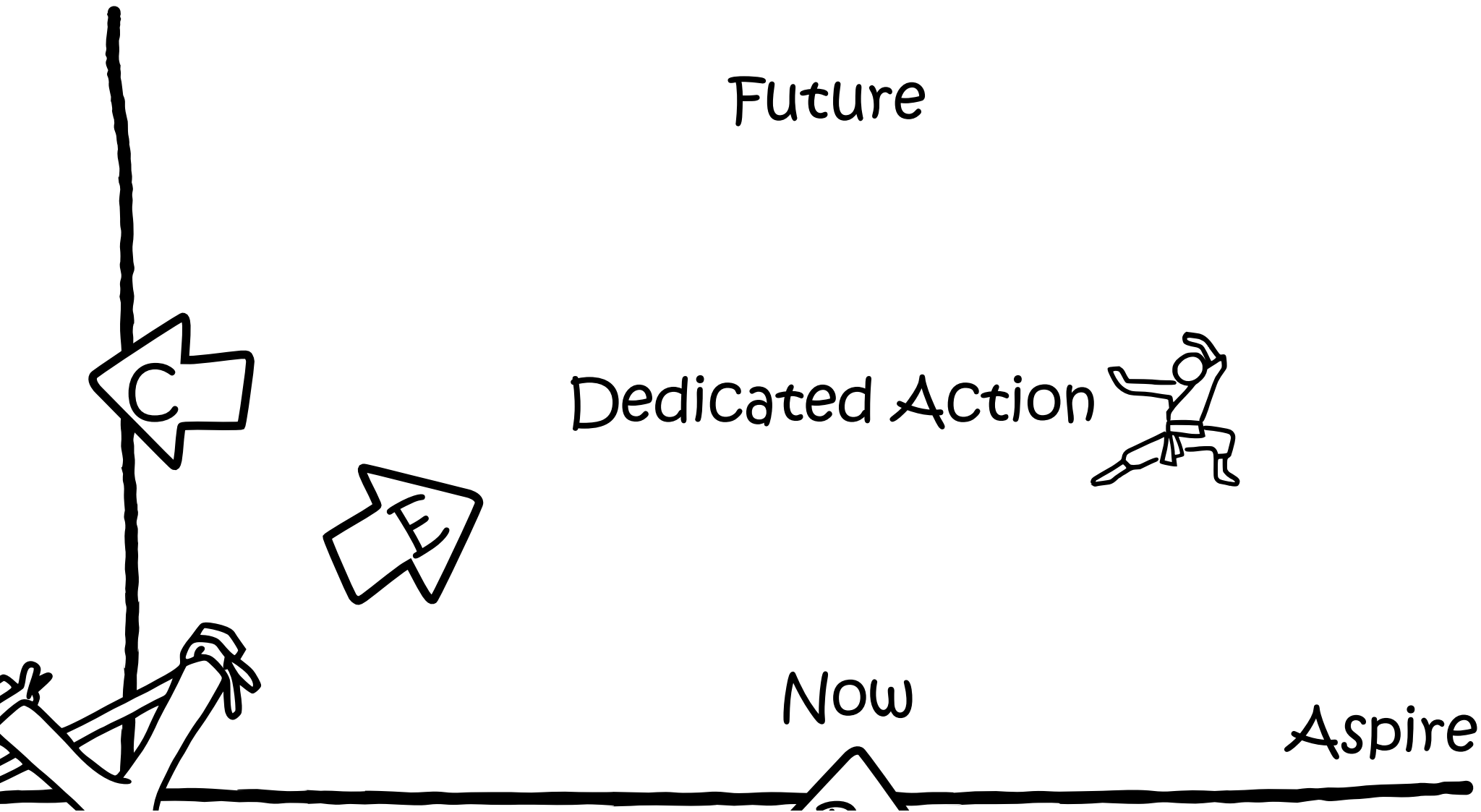


2. Instructio

Together you w
reads a step al
each participant
sticks them in t
Then you collab



World - Visible Behavior



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e them at
ly discuss what
at arrow C.

7. Future Actions

Each person takes 5 minutes in silence to answer the following question:

- What could we do in the future (start, do more, do less or stop) to achieve our ambitions?

Write down the result on sticky notes and place them at arrow E in the visualization above. Collectively discuss the result, organize and refine where necessary. What answers at arrow D can we redirect or actively accept to support these actions?



to change the way we
created it."
stein —

"Our greatest glory is not in never failing,
but in rising every time we fall."
— Confucius —

Future

Dedicated Action

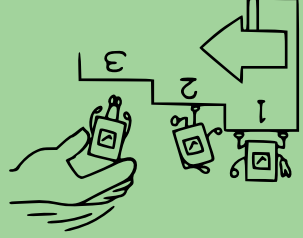


Now

Aspire

8. Action Plan

Choose up to three actions from the previous step that you will implement in the coming period to become more successful and energized in your work.
Also consider how you will know if these actions are having the desired effect.



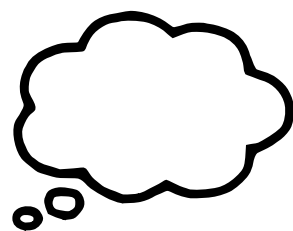
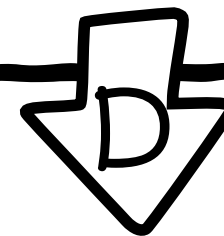
"When I dare to be powerful,

to use my strength in the service of my vision,
then it becomes less important whether I am afraid."

— Audre Lorde —

"Every day do one thing that scares you."
— Eleanor Roosevelt —

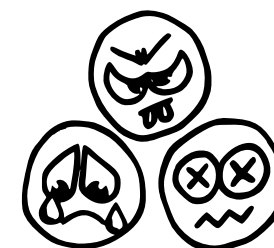
Avoid



Thoughts



Feelings



Emotions

Inner World - Thoughts

3. Values

Each participant takes 5 minutes of silence to individually answers the following questions:

- Who do we want to matter to as a team? Who are our customer(s) and stakeholders?
- What are our values? What do we get out of bed in the morning for?
- How do we want to be seen?

Write your answers on sticky notes, one subject per note. Put them at arrow A in the visualization above. Collaboratively discuss the result, organize and refine where necessary.



4. Current Actions

Each participant takes 5 minutes of silence to individually answers the following questions:

- What are we currently doing?

Write your answers on sticky notes, one subject per note. Put them at arrow B in the visualization above. Collaboratively discuss the result, organize and refine where necessary.

Remember to let the person who reads out the quotes also lead the discussion.

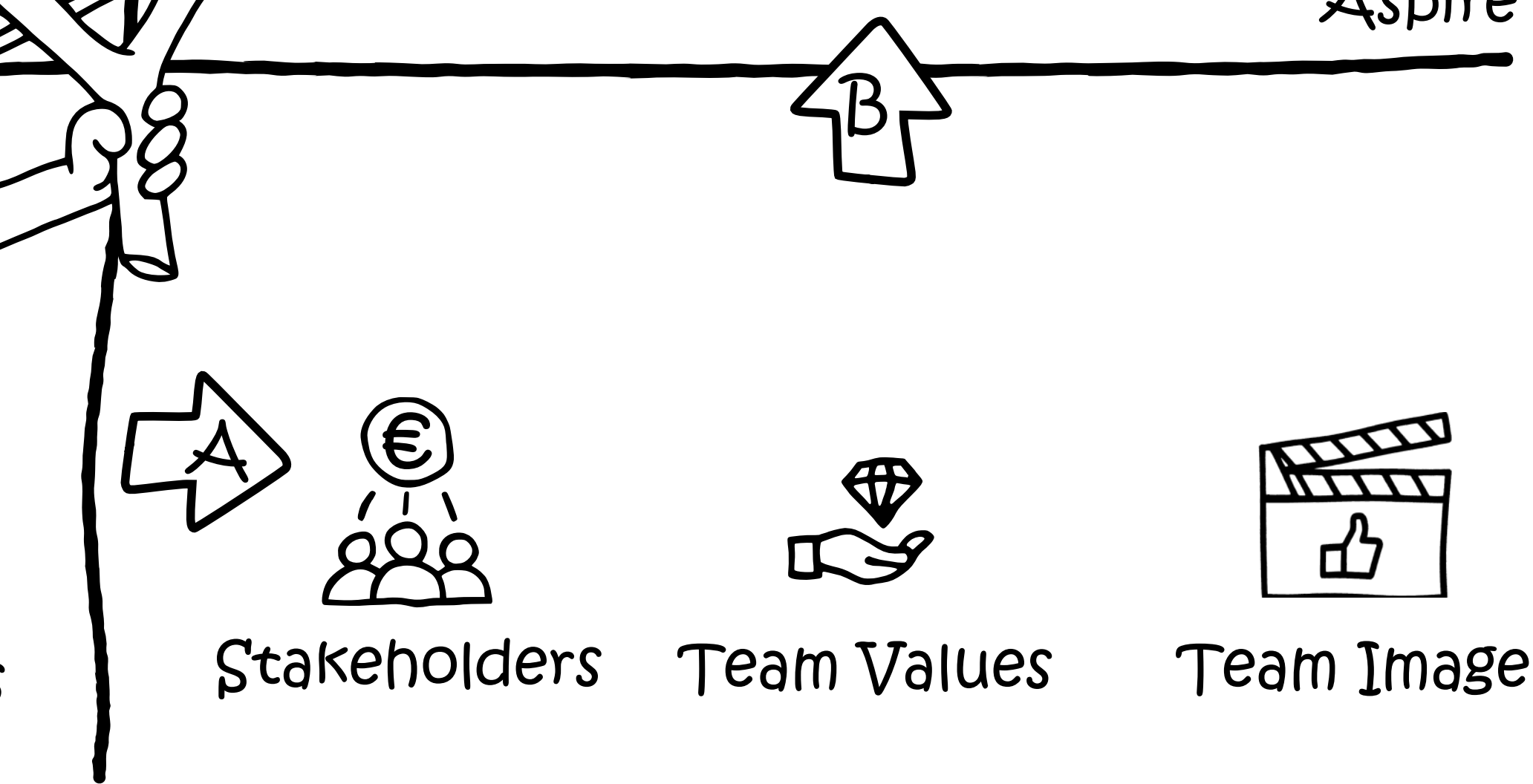
"If you don't know where you are going, you might not get there."
— Yogi Berra —

You can agree or disagree with the quotes in the margin. They are only meant to invoke a discussion.

Instructions
You walk through five steps. Taking turns, someone reads out and facilitates executing it. For each step, a participant silently puts their answers on sticky notes and sticks them in the corresponding spot in the visualization above. Then, collaboratively discuss, organize and refine the result.

"Life is what happens to you while you're busy making other plans."
— John Lennon —





Thoughts, Emotions, Feelings

Step 1: Initial Actions

Each participant takes 3 minutes of silence to individually answer the following question:
What are we currently doing to achieve our ambitions?

Participants write answers on sticky notes, one subject per note.
Place them at arrow B in the visualization above.
Collaboratively discuss the result, organize and refine where necessary.



5. Avoidance behavior

Each participant takes 5 minutes of silence to individually answer the following questions:

- What avoidance behaviors do we exhibit that keep us from realizing our values?
- What do we see/hear as obstacles to our ambitions?
- What distracting things in the outside world do we pay attention to?

Write your answers on sticky notes, one subject per note. Put them at arrow C in the visualization above. Collaboratively discuss the result, organize and refine where necessary.

Let's let the question discussion.

"Life moves pretty fast.
If you don't stop and look around once in a while,
you might miss it."
— Ferris Bueller —

"You can't stop birds of sorrow from flying overhead,
but you can prevent them from making nests in your hair."
- Chinese proverb -

6. Avoidance of discomfort

Each person takes 5 minutes of silence to answer the following questions:

- What are we avoiding in our inner world?
- What thoughts, feelings and emotions are holding us back from realizing our ambitions?
(And releasing the catapult toward the future?)

Write down the results on sticky notes and place them at arrow D in the visualization above. Collaboratively discuss the result, organize and refine where necessary.

How much time do you have left?
Is this enough?



"To solve a problem, we have to change our thought when we create it."
— Albert Einstein —