

PICK YOUR FIRST HABIT



Once you have decided on the category of team habit that you will be focusing on, the next logical step is to pick your first habit to change. Don't try to change everything at once. Aim for things that everyone on the team is likely to say yes to and that are small enough to be easy wins.

Team Habit Category for Change:

BELONGING	GOAL-SETTING & PRIORITIZATION	COMMUNICATION	MEETINGS
DECISION-MAKING	PLANNING	COLLABORATION	CORE TEAM HABITS

STEP 1: As a team, brainstorm different tiny team habits you want to change. Make note of the difficulty level for each (easy, medium, hard), which would be foundational (i.e. building this habit would help with others down the line), and/or would have the biggest impact.

TINY TEAM HABITS	LEVEL OF DIFFICULTY	NOTES
	E M H	
	E M H	
	E M H	
	E M H	
	E M H	
	E M H	
	E M H	
	E M H	

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STEP 2: Select three to five of those tiny team habits and consider the effects each would have. List the “positive” effects that might result from these tiny changes and brainstorm what “negative” downstream consequences might arise so that you can have a plan in place for them. As a team align on your first habit.

	TINY TEAM HABITS	POSITIVE EFFECTS	NEGATIVE EFFECTS
1			
2			
3			
4			
5			

Our Team's First Habit Change: _____