



## INDIVIDUAL EXERCISE

For the third column use this scale:

- ① This is not one of my demonstrated competencies.
- ② I know I need to work on this but don't know how.
- ③ I am working actively to improve in this area.
- ④ I demonstrate this daily. It is who I am.

COMPETENCIES	GIVE A RECENT EXAMPLE OF HOW YOU DEMONSTRATED THIS COMPETENCY	HOW OFTEN DO YOU DEMONSTRATE THIS COMPETENCY?
INTEGRITY		
HONESTY		
HUMILITY/OPENNESS		
CLARITY OF THOUGHT AND EXPRESSION		
PERSUASIVE		
ACUTE AWARENESS		
INTUITIVE		
GOOD JUDGMENT		
CREATIVE THINKER		
ACCEPTING		
TRUSTED		
RELIABLE		
PERSISTENT		
ACCOUNTABLE		
TAKES A 360-DEGREE VIEW OF HEALTH (OF SELF AND OF TEAM)		
FOCUSED ON TEAM DEVELOPMENT		
COMMITTED TO SERVING THE GREATER GOOD		
		<b>TOTAL</b>

COMPETENCIES	SUGGESTED ACTIONS	NEXT BEST ACTION
INTEGRITY		
HONESTY		
HUMILITY/OPENNESS		
CLARITY OF THOUGHT AND EXPRESSION		
PERSUASIVE		
ACUTE AWARENESS		
INTUITIVE		
GOOD JUDGMENT		
CREATIVE THINKER		
ACCEPTING		
TRUSTED		
RELIABLE		
PERSISTENT		
ACCOUNTABLE		
TAKES A 360-DEGREE VIEW OF HEALTH (OF SELF AND OF TEAM)		
FOCUSED ON TEAM DEVELOPMENT		
COMMITTED TO SERVING THE GREATER GOOD		