

Team Alignment

While the Personal dimension focuses on helping you optimize your resources, environment, and elements most under your control, and the Interpersonal dimension focuses on the individual relationships that support these environments, let's now look at a slightly broader social context—that of the team or group—and see how this context influences your focus and Flow.

Let's begin by re-visiting the questions within the ALI 1080° Sweep™ Assessment and explore which team Flow Factors may need some attention. Note: a team may include a working body for which you are a part, but may include any group of people (family, friends, associates) that constitute a body of individuals who collectively play a role in the arena where you are seeking greater Flow as a collective unit.

Using the following 1-5 scale and rate the following statements below:

(1: Never; 2: Rarely; 3: Sometimes; 4: Often; 5: Always)

Question:	Rating:	Top 3:
My team inspires me to give my very best effort.		
My team culture (its values, beliefs and ideals) make it easier for me to do my best work.		
The members of my team and I are aligned in our thinking. We're on the same page.		
The emotional climate within my team feels just right to me.		
I have the resources and support I need to excel in my team role.		
My team's mission, vision, goals are aligned with my own.		
My role within the team is just the right one for me.		
There is great cooperation and positive energy within and between my teammates and this supports my flow.		
My team inspires me to give my very best effort.		

