

**QUESTIONS FOR SELF REFLECTION**  
**CHAPTER TWELVE—BUILDING HEALTHY TEAMS**

1. Teams can be some of the greatest and most exhilarating experiences of your life or they can be horrible memories. Which was it for you?
2. No matter how smart, how competent, how capable, how talented, how intelligent, how trained, how experienced each person on the team is individually, you are better in all of those ways as a team. Do you agree or disagree? Explain your answer.
3. What makes a team unhealthy? Are you doing or allowing any of these things within your team?
4. What makes a team healthy? Which ones do you need to start doing for your team?
5. As a team leader, ask yourself if you can honestly say:
  - Follow my values.
  - Follow my integrity.
  - Follow my work ethics.
  - Follow my commitment.
  - Follow my communication patterns.
  - Fight as I fight.
  - Focus as I focus.
  - Sacrifice as I sacrifice.
  - Love as I love.
  - Admit when you are wrong as I admit when I am wrong.
  - Endure hardship as I endure hardship.Which ones do you need to work on?
6. Ask yourself:
  - Would the men and women on my team willingly follow me if I did not have the power to reward or discipline them?
  - Do I truly rejoice in their successes and encourage them in their struggles?
  - Do I share credit for wins and take blame for losses?  
Am I doing my best to develop a healthy team?
7. What was your best learning from this chapter?