



LEADER SESSION 7 — ENERGY-BASED TEAM, WORKSHEET 1

PROJECT COMPONENTS

Identify the top 5 components/tasks that need to be completed to make this project a success

1	2	3	4	5

5 TEAM MEMBERS TOP 7 ENERGIZERS — ANONYMOUS! NO NAMES!

Identify 5 team members' Top 7 Energizers; look at their Wheels in the #lovework App

1	2	3	4	5
ENERGIZERS				
DRAINERS				



LEADER SESSION 7 — ENERGY-BASED TEAM, WORKSHEET 2

5 TEAM MEMBERS — NAMES

Record the names of your anonymous 5 team members here to refer back to

1	2	3	4	5

DISCUSSION QUESTIONS

- Are your partner's selections similar to the way your team is configured now? Different? How so?
- Do you think this new configuration would be successful? Why or why not?
- Do you have all the people on your team you need to cover all the necessary parts of the project? Is it possible you need to recruit someone who's energized by a necessary part that's not covered by the current team?

MONTHLY COMMITMENT

What specific action(s) will you take in the coming 1-4 weeks to put what you learned today into practice?	Which of your energizers can help you achieve your desired commitment?