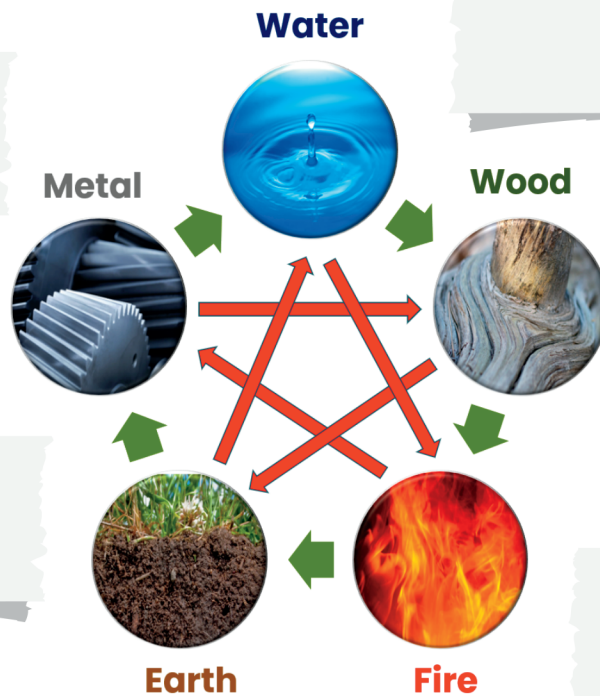


The Elements of an Extraordinary Team

"Keep reminding yourself of the way things are connected, of their relatedness."

- Marcus Aurelius



While you may have one or two dominant elements, **you possess elements of each one.** Sometimes, based on the team, environment, or situation, you may take on the attributes or behaviors of another element.

MY PRIMARY ELEMENT IS...	
MY HEROIC TRAITS ARE...	
WHEN I'M STRESSED I...	

The Elements of YOUR Team Ecosystem

It's essential to understand the elements not simply to identify who YOU are but, more importantly, to know what type of elemental allies you may need to help bring you back up to an optimal state.

Think about what types of elements you have on your team. Jot them down.

Team Member	Primary Element	Most Heroic Trait(s)

My team is most in balance when...

My team is out of balance when...

Your Heroic State

List the **Elemental Heroic State Traits** you feel you do well. When you're in a Heroic State, who could use your support when one of their Stressed State Traits emerges?

Heroic Trait	Who can I Support?	How will I support them?

Your Stressed State

List the **Elemental Stressed State Traits** that show up most for you. When you're in a Stressed State, who might you recruit as your Elemental Ally to help?

Stressed Trait	Who can I reach out to?	In what way(s) might they provide support?