

Guided Team Member Self-Reflection Exercise

PART 1: The What, Why, and How of Your Job [15 minutes]

A.		eflect on "What" You Do [Essential functions on your Job Description]: List up to 5 of your job duties/activities	
		Put them in order based on what you like doing the most, where 1 is your favorite p	
	-	Job Activity	Rank
	-		
3.	Re	eflect on "Why" You Do It [Purpose of your job]:	
	1.	How does your job help our patients and organization?	
	2.	Who feels the results of your work?	
	3.	How will they be affected or impacted by your work?	
•		eflect on "How" You Do It [How you show our values and competencies]:	
		Patient & Community Centeredness?	
	2.	Professionalism?	
	3.	Excellence?	
	4.	Teamwork?	
		ninking of your favorite job activities, how do you show:	
	1.	Accountability (SELF)?	
	2.	Collaboration (PEOPLE)?	
	3.	Continuous Improvement (BUSINESS)?	

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PART 2: SELF-REFLECTION WORKSHEET - How Well You Do Your Job [15 - 30 minutes]

- A. Reflect on How "Well" You Do It [Your level of success in showing our values and competencies]
 - **RM** (*Role Model*): **Unequaled**; Sees opportunities for improvement and leads the way in engaging others in problem solving and implementation for diverse approaches; Seen as a role model in this competency by peers, leaders, and those in other departments.
 - **OC** (*Outstanding Contributor*): **Exceptional**; Demonstrates outstanding levels of effort, effectiveness, and judgement in this competency with limited to no supervision; Anticipates patient/customer/team member needs to deliver elevated level of service; Shows outstanding self and social emotional intelligence.
 - **EC** (*Effective Contributor*): **Skilled**; Successful in this competency; Reliable, meets deadlines, prioritizes tasks, and achieves outcomes; At times, exceeds objectives and takes on additional projects; Exhibits self-awareness and resolves interpersonal or service issues with compassion and humility.
 - **IC** (*Inconsistent Contributor*): **Inconsistent**; Rarely or inconsistently demonstrates success in this competency; Often misses deadlines and rarely takes responsibility for actions, outcomes, or behaviors.

Competency (Capability)	Success Level?	Specific Examples (of your work at the level you chose)
Patient & Community Centeredness		
Professionalism		Comments
Excellence		alues
Teamwork		3
Accountability		mments
Collaboration		ncies Co
Continuous Improvement		Competencies

B. Reflect on "Where" You Want to Develop Next Year

- A. What are you interested in learning more about to add to your knowledge/skill/abilities?
- B. How can you get that training?
- C. Think about one area of your job you'd like to do better. What could you do to I mprove?

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PART 3 (OPTIONAL): Team Improvement & Goal Setting

- A. Reflect on "Where" You Want to Help Develop the TEAM / DEPARTMENT next year:
 - 1. Where do you feel improvements (ex service, work results, reputation, etc.) could be made?
 - 2. What can you commit to doing yourself, to help make these improvements?
- B. If your department has specific goals or objectives to reach next year, list then note:
 - 1. how your job can impact the goal
 - 2. what you'll choose to do (actions) to impact the goal
 - 3. how you'll measure your progress and success
 - 4. how often (i.e. monthly, quarterly, daily, etc.) you'll act and/or your target date(s) for completion

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Goal/Objective #1	
Job's Impact	
Actions	
Measurement	
Frequency/Target Date	
Goal/Objective #2	
Job's Impact	
Actions	
Measurement	
Frequency/Target Date	
Goal/Objective #3	
Job's Impact	
Actions	
Measurement	
Frequency/Target Date	

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