

..Do or do not. There is no try..  
— Yoda (Star Wars) —

YES WE CAN

1. ....  
2. ....  
3. ....



Team: .....

Date: .....

Outside World

FOCUS



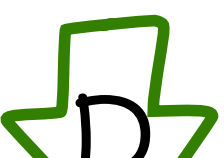
Perceptions



Avoidance Behavior



Avoid



Please share your experiences with this dialogue sheet with us.  
Send your experiences and feedback to remi-armand@connectivepartners.pro

### ACT Team Matrix - Dialogue Sheet

#### 1. Preparing

Make sure each team member has a marker to write on this worksheet. Fill in today's date above. Agree on how much time you will spend on this worksheet. three quarters of an hour to an hour is normal. Record the resulting end time below:

[Empty box for recording end time]

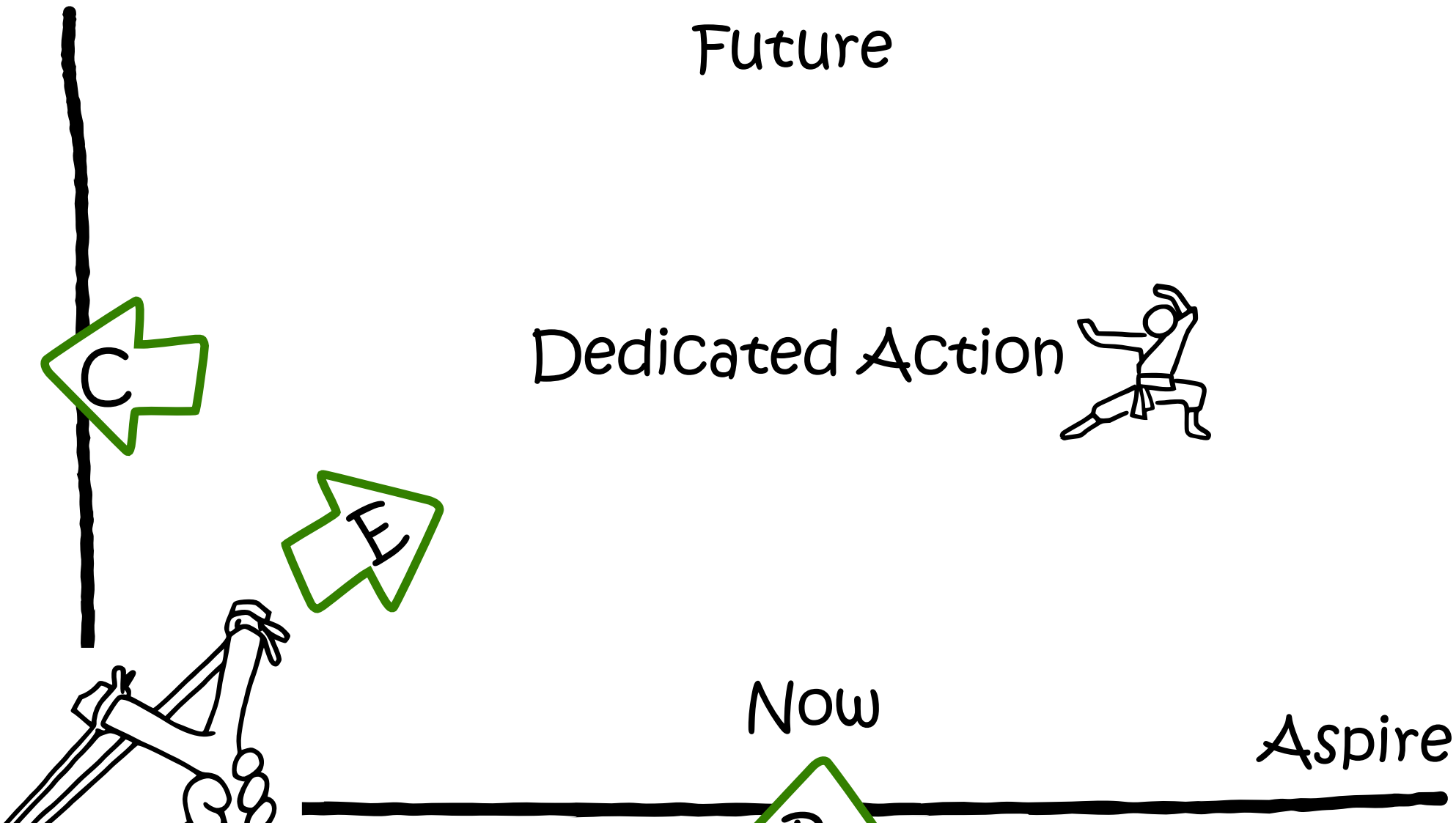
The purpose of this worksheet is to make a more deliberate commitment on shared values.



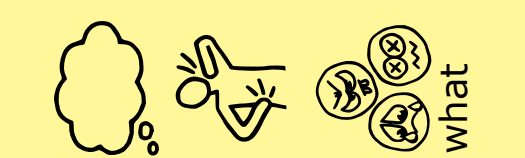
2. Instructio  
Together you wa  
reads a step alo  
each participant  
sticks them in th  
Then you collab



# World - Visible Behavior



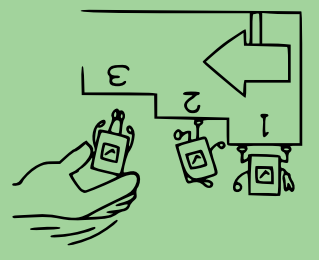
er the  
 bliding us  
 e?)  
 e them at  
 ely discuss what  
 at arrow C.



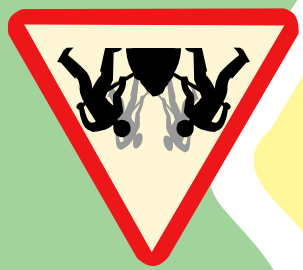
to change the way we  
 created it."  
 stein —

"Our greatest glory is not in never failing,  
 but in rising every time we fall."  
 — Confucius —

**8. Action Plan**  
 Choose up to three actions from the previous  
 step that you will implement in the coming  
 period to become more successful and  
 energized in your work.  
 Also consider how you will know if these  
 actions are having the desired effect.



"When I dare to be powerful,  
 to use my strength in the service of my vision,  
 then it becomes less important whether I am afraid."  
 — Audre Lorde —  
 "Every day do one thing that scares you."  
 — Eleanor Roosevelt —



## 7. Future Actions

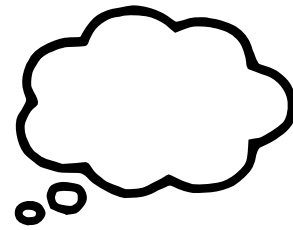
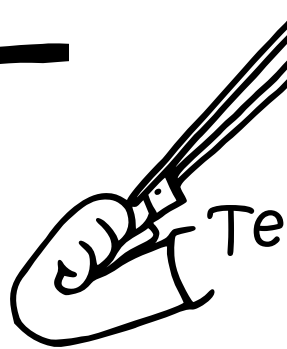
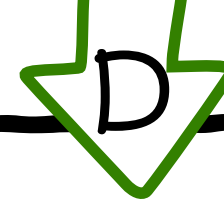
Each person takes 5 minutes in silence to answer the following question:

- What could we do in the future (start, do more, do less or stop) to achieve our ambitions?

Write down the result on sticky notes and place them at arrow E in the visualization above. Collectively discuss the result, organize and refine where necessary. What answers at arrow D can we redirect or actively accept to support these actions?



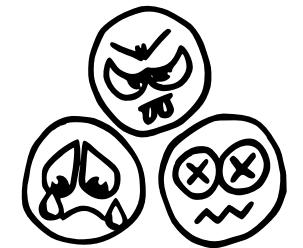
Avoid



Thoughts



Feelings



Emotions

Inner World - Thought

**Instructions**  
You walk through five steps. Taking turns, someone step aloud and facilitates executing it. For each step, participant silently puts their answers on sticky notes and in the corresponding spot in the visualization above. collaboratively discuss, organize and refine the result.

..Life is what happens to you while you're busy making other plans..  
— John Lennon —

### 3. Values

Each participant takes 5 minutes of silence to individually answers the following questions:

- Who do we want to matter to as a team? Who are our customer(s) and stakeholders?
- How do we want to be seen?
- What are our values? What do we get out of bed in the morning for?



Write your answers on sticky notes, one subject per note. Put them at arrow A in the visualization above. Collaboratively discuss the result, organize and refine where necessary.



### 4. Current Act

Each participant t answers the follo

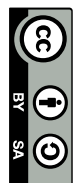
- What are we c

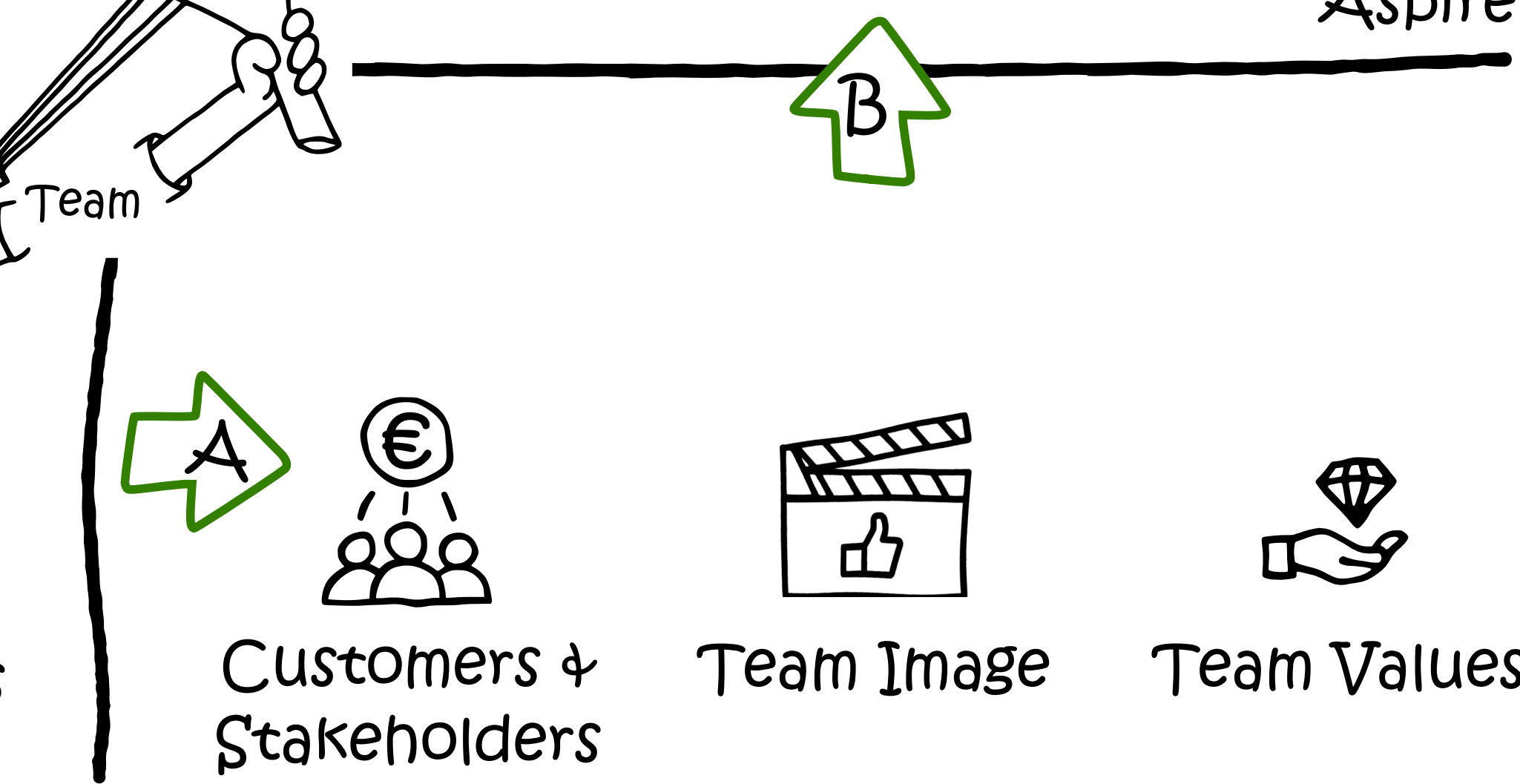
Write your answer Stick them at arr Collaboratively di necessary.

Remember to let the person who reads out the q also lead the discussion

..If you don't know where you are going, you might not get there..  
— Yogi Berra —

You can agree or disagree with the quotes in the margin. They are only meant to invoke a discussion.





# Thoughts, Emotions, Feelings

## Step 4: Immediate Actions

Each participant takes 3 minutes of silence to individually answer the following question:  
 "What are we currently doing to achieve our ambitions?"  
 Write answers on sticky notes, one subject per note.  
 Place them at arrow B in the visualization above.  
 Collaboratively discuss the result, organize and refine where necessary.



Let's let the question breathe during discussion.

"Life moves pretty fast.  
 If you don't stop and look around once in a while,  
 you might miss it."  
 — Ferris Bueller —

## Step 5: Avoidance behavior

Each participant takes 5 minutes of silence to individually answer the following questions:

- What avoidance behaviors do we exhibit that keep us from realizing our values?
- What do we see/hear as obstacles to our ambitions?
- What distracting things in the outside world do we pay attention to?

Write your answers on sticky notes, one subject per note. Put them at arrow C in the visualization above. Collaboratively discuss the result, organize and refine where necessary.

"You can't stop birds of sorrow from flying overhead,  
 but you can prevent them from making nests in your hair."  
 - Chinese proverb -

## Step 6: Avoidance of discomfort

Each person takes 5 minutes of silence to answer the following questions:

- What are we avoiding in our inner world?
- What thoughts, feelings and emotions are holding us back from realizing our ambitions?  
 (And releasing the catapult toward the future?)

Write down the results on sticky notes and place them at arrow D in the visualization above. Collaboratively discuss the relationship your answers have to the answers at arrow B.

How much time do you have left?  
 Is this enough?



"To solve a problem, we have to challenge our assumptions, think outside the box, and question the status quo."  
 — Albert Einstein —