



10 MIN TEAM REFLECTION: GUIDING PRINCIPLES - 3 KEY QUESTIONS

Purpose: To quickly surface what matters most to each team member and discover shared values that can shape your team's guiding principles.

Instructions:

- Take 5 minutes to reflect individually.
- Then spend 5 minutes as a team sharing and identifying common themes.
- Write short, honest responses — just a few words or phrases per question.

Individual Reflection (5 minutes)

What do you consider most important in life (personally and professionally)?

What gives your life meaning and purpose?

What makes you happiest, most satisfied, and most fulfilled?

Team Discussion (5 minutes)

As a group, briefly share one idea or value from your reflections.

Then answer together:

How can we represent all of our guiding principles as a team of unique individuals?
