



## Questionnaire: One Thing

What is the one thing that causes you to lose your zest for coming to work on Monday?

What is the one thing that gives you stresses throughout your day?

What is the one thing you would change?

What is the one thing you would like to personally improve in?

What is the one thing that you appreciate about your team mates?

What is the one thing you appreciate about your doctor?

What is the one thing you like about yourself?

Name one of your strengths:

What is the one thing that you would change?

What is the one thing that makes you happy?

What is the one thing you want to do more of?

Name one goal you have?

## **Accountable:**

Can my team count on me to bring my best, and perform my duties with consistency?

## **Collaborative:**

Do I let others have good ideas?

Do I feed off other's good ideas to make great ones?

Do I allow team mates to make mistakes?

Do I shine and it is accepted?

Do I bring my best or do I feel I'm restricted by the lowest common denominator?

## **Engaged:**

Do I just do my duties?

Do I seek to acquire knowledge to expand my scope of practice? If not, why not?

Do I have goals? Do I feel that I'm working towards them?

Do I stay present and use my time to better the practice, the team, and myself?

Do I know and use the process and protocols for conflicts? Is there a protocol for conflicts?

Do I feel secure and confident and can I say that I like/ love my job? Do I know what it would take for me to be able to say that?