

The 1-10 Check-In

This exercise offers a simple way get accurate feedback about current functioning with individuals and teams.

The 1-10 Check-In for Individuals

Step 1:

Ask others about their overall functioning, or

Ask others about their emotional well-being, or

Ask others about their progress on a task.

Example:

How are you doing right now on a 1-10 scale, with 10 high?"

Step 2:

Once you have an individual's number, ask:

- ✓ "What has to happen to get the number higher?"
- ✓ "What can you do to move ahead?"
- ✓ "What can I or the team/others do to help?"

The 1-10 Check-In for Teams

Step 1:

Ask team members to rate (on a 1-10 scale, 10 high):

- ✓ Their current level of belonging to the team, or
- ✓ Their overall satisfaction sense of well-being as a team member, or
- ✓ Their sense of the team's level of productivity.

Step 2:

You can have these submitted privately on post-it's or share aloud.

- ✓ "Average the numbers and share the current sense of team member well-being.
- ✓ Then, as a team, Identify how the team can get the number higher.