



# A WEEK IN *Learning*

**TEAM BUILDER**  
*activities for your next team gathering!*

## MY 9 dimensions

### GOAL / OBJECTIVE:

A powerful activity to build relationships through evaluating the dimensions of our lives.

**GROUP SIZE:** 3+

**TIME:** 20-60 minutes

### EQUIPMENT:

- My 9 Dimensions worksheet (*See the Attachment on page 3.*)
- Multi-Colored dot stickers or markers

### DIRECTIONS:

Give each team member a copy of the My 9 Dimensions worksheet and a sheet of dot stickers (with red, green, yellow and blue dots). Instruct them to evaluate their current status for each dimension in the grid. Team members should place a colored dot (using the key below) on each of the 9 dimensions:

- Green Dot = I'm crushing it!
- Yellow Dot = I need to work on this a little.
- Red Dot = Yikes, I need to work on this a lot!
- Blue Dot = This is not a priority right now.

Only give them two minutes with no time to overthink it. Tell them, "Just go with your gut." After everyone has finished putting the dots on their grids, ask them to share about a dimension they put a green dot, and one that they put a yellow or a red dot.

Give each person 2 minutes to share (allow them to disclose at their own comfort level).

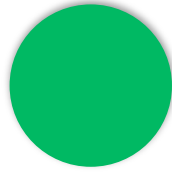
### DISCUSSION / DEBRIEF:

- What did you learn about each other (or your team)?
- How can we support each other to improve our red and yellow areas?

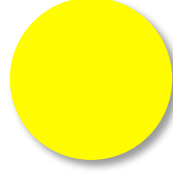
*Continue to next page for a quick icebreaker*

# My 9 Dimensions

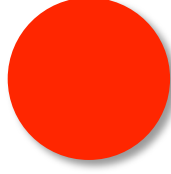
Think about each of these dimensions of your life as a team member at Goodwill. Place a dot sticker in each box that represents where you stand with that dimension right now.



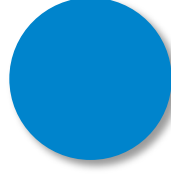
= I'm crushing it!



= I need to work on this a little.



= Yikes, I need to work on this a lot!



= This is not a priority right now.

Personal Growth

Relationship Building

Communication

Trust

Accountability

Ownership

\*write down your own "Dimension"\*

\*write down your own "Dimension"\*

\*write down your own "Dimension"\*