**+/- Assessment Sheet**

This Assessment Sheet provides partners a tool for self assessment in the area of Honoring the Partnership. Use this sheet to assess if you are below, maintaining, or exceeding the standard.

**Assessing the partnership (HTP)**

For each commitment, mark either the = / + column (with a = or a +) or the - column (with a -).

= (Equals) - If you are MAINTAINING the standard

+ (Plus) - If you are EXCEEDING the standard

- (Minus) - if you are BELOW the standard

|  |  |  |
| --- | --- | --- |
| **Commitment** | **= / + (Equal or Plus)** | **- (Minus)** |
| **Reading** |  |  |
| **Listening** |  |  |
| **BMP** |  |  |
| **Weekly Reflection** |  |  |
| **Communication** |  |  |
| **Monthly - GEE/Team Meetings** |  |  |
| **BBS** |  |  |
| **Function** |  |  |
| **Budget / Ditto** |  |  |

**Assessing your results:**

**Understand, there needs to be a = or + to be considered honoring a partnership.**

If there are minuses, that just indicates that there needs to be change in that area.

The first part of knowing to change is knowing where you’re at.

Once you have assessed the partnership you can start to create goals based off of your comfort zone, stretch zone, and stress zone, then communicate these to your coach for feedback. Once you have committed to your new goals, track the actions you are taking to meet your goal so that you can have data to further assess and discuss with your coach. Look back at data on a weekly basis so you can see what was in your comfort zone, stretch zone, and stress zone.

Write out goals and assess each commitment (1-10 in zones) so that you can find some areas to set some new goals in so you're increasing your capacity over time with small tweaks, not huge overhauls.