

ULTIMATE TEAMMATE

ACTIVATION:
HOW DO YOU SHOW UP
FOR OTHERS?

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Showing up for others begins with taking ownership. While the strongest teammates can't control every outcome, they always take responsibility for the impact they have on those around them.

1. **Take inventory:** Slow down and take an honest look at the past thirty days. Identify where you are showing up and where you have the opportunity for growth.
2. **Extending support:** Where have you had the opportunity to extend an arm of support to someone?
3. **Building Connection:** Where have you found ways to connect with others in your personal or professional life?
4. **Missed moments:** Where have you missed a chance to bring someone along?
5. **Practicing empathy:** How are you showing empathy to others?
6. **Empowering others:** How are you empowering others to grow, and are you championing their success?
7. **Takeaway challenge:** Where have you found ways to connect with others in your personal or professional life?
 - Take a moment to look across your answers. What patterns do you see? What opportunities for deeper connection—or stronger culture-building—are emerging?
 - What commitment can you make moving forward to better support, empower, and champion the people around you?

Being the ultimate teammate means meeting people where they are, seeing them fully, and finding ways to walk with them, not ahead or behind.