

Energy, Trust and Team Connection

Check · Recognize · Connect. Keep this guide beside your worksheet. No prework needed.

1 CHECK



Notice your own energy first.

“Where is your energy today? What would move you up one point?”

Listen with curiosity.

2 RECOGNIZE



Notice progress, not just outcomes.

“I noticed _____.
It mattered because _____.
Thank you.”

Be specific about the effort and its impact.

3 CONNECT



Show what you will do with what you heard.

“I don’t have the answer yet, but here is what I will do next.”

Agree on a next step and a time to follow up.

ONE CONVERSATION THIS WEEK

Choose one conversation. Use the worksheet to plan your question, recognition and follow-through.

My Trust Plan

Keep this page. Use Check, Recognize and Connect in your next conversation. Capture your plan below.

1 CHECK



Check your current energy level first.

What intentional question will you ask?

MY QUESTION:

2 RECOGNIZE



Help people feel valued.

What will you recognize out loud?

WHO/WHAT I WILL RECOGNIZE:

3 CONNECT



Follow through with next steps

What will I do with what I heard?

MY NEXT STEP / FOLLOW-UP:

MY REFLECTION THIS WEEK *Which part of C.R.C. comes most naturally to me, and which one will I intentionally strengthen this week?*

CONVERSATION: _____ DATE: _____