Connect Star

Think about your experience of this group. How true for you is each of the statements below, 5 being absolutely true and 1 being not true at all?

Draw a dot to represent your score on the spokes of the wheel accordingly. Join the dots to create a shape that represents your group experience

Belonging			Contributing
I feel accepted by the group	ACCEPTED	RESPONSIBLE	I have responsibilities in the group
I feel safe in the group	SAFE	5 HELP	I help others in the group
I feel respected and known by the group	KNOWN	SPEAKING 3	I feel able to speak in the group
I feel I belong in this group	BELONG 5 4 3 2	CONTRIBUTE	I contribute to this group
I feel able to be vulnerable with the group	VULNERABLE	1 2 3 4 PURPOSE	Being part of this group gives me a sense of purpose
The group members act from a place of kindness and care	KINDESS AND CARE	ENERGISED	I feel energised in other areas of my life
I trust the members of this group	TRUST	POTENTIAL	This group is helping me to fulfil my potential
I feel a sense of connection with other members of the group	CONNECTED	THRIVING	This group is helping me to thrive
Connecting			Thriving