



GROUP POWER

Worksheet

1. Why am I committed to the group? (what makes me feel committed and how does that make me feel)

2. What do I enjoy most about my involvement in the group?

3. Why am I proud of our group?

4. What have I contributed to the group (what talents, ideas, extra effort, etc.)?

5. What have I learned from being a part of our group?

6. How has being a part of the group added to the quality of my life?