

DAILY RITUALS FOR HIGH PERFORMING TEAMS

MISTAKE MONDAY

Normalize experiments right out of the gate. Each person shares a recent failure and its lesson, transforming failures from professional threats into collective data points for growth.



CHECK IN TUESDAY

Begin your first sync by having everyone share a single word describing their current feeling about work. It grounds the room and builds immediate, friction-free empathy.



WIN WEDNESDAY

Counterbalance your natural cognitive bias toward what is going wrong. Dedicate ten minutes to spotlighting small, incremental team victories and the specific collaborative behaviors that drove them.



THANK YOU THURSDAY

Make appreciation explicit rather than assumed. Team members actively call out a peer's recent contribution, reinforcing mutual support and strengthening interpersonal trust across the entire ecosystem.



FUTURE-SELF FRIDAY

A quick 10-minute individual or team reflection where everyone captures what they learned this week, what they are leaving behind, and one thing their 'future self' needs to focus on next week.

