

## DAC Individual Worksheet

Instructions: Complete Parts 1 & 2 before the DAC pod meeting. Completes Parts 3-6 during the meeting.

### Part 1: Individual Reflection (Complete before DAC pod meeting)

#### **D- DIRECTION**

Our Cohort's Shared Purpose:

Reflection

This month I contributed to our shared purpose by:

One example of how I supported our overall goals:

Where I need more clarity about our shared purpose is:

#### **A- ALIGNMENT**

My Role in the Cohort:

My Role in my Action Project:

Reflection

One way I coordinated my work with others:

One area where I need better coordination is:

#### **C- COMMITMENT**

One way I demonstrated follow-through or accountability:

One area where I need support or felt stretched:

Right now, my level of commitment feels:  Strong  Steady  Stretched  Uncertain

### Part 2: Personal Growth and Application (Complete before DAC pod meeting)

One highlight from this month's learning or workshop:

Something I applied in my work, school, or life:

One area I want to grow in:

### Part 3: DAC Pod Group Support (Complete during the meeting)

Pod Members Present:

Round Robin Sharing (5 min per person)  
Celebrations of my growth:  
Suggestions or support shared with me:  
Resources or ideas offered

Part 4: Collective Pod Reflection (Complete at the end of the meeting)

Direction: Are we collectively clear and consistent with our shared purpose?  
Rating: 1 - needs help 2 - getting there 3 - strong and clear

Alignment: How well are we coordinating our roles and supporting one another?  
Rating: 1 - needs help 2 - getting there 3 - strong and clear

Commitment: How strong is our shared responsibility?  
Rating: 1 - needs help 2 - getting there 3 - strong and clear

Part 5: Action Project Progress

Updates I shared:  
Feedback or support I received:  
Support I offered to others:

Part 6: Plan for Next Month's DAC Pod

Who will facilitate next month's meeting?  
What is one commitment I can make to strengthen our cohort's direction?  
What is one commitment I can make to strengthen our cohort's alignment?  
What is one commitment I can make to strengthen our cohort's shared commitment?