



# Managing Polarities Exercise

This is an activity that can be done individually or as part of a group gathering. If done onsite and in a group, have people physically move in a room to reflect their score.

Make note of how most people respond to each items.

Periodically ask individuals how they determined their score.

“ON A SCALE OF 1-10, HOW \_\_\_\_\_ IS OUR CONGREGATION ?

1 ○ Intentional (clarity of purpose & next steps) ○ 10

1 ○ Curious (about each other, the community) ○ 10

1 ○ Future-Oriented (anticipate & adapt) ○ 10

1 ○ Permission-Giving (willing to share power) ○ 10

1 ○ Spirit-Driven (ask about what God up to) ○ 10

1 ○ Experimental (comfortable with failure) ○ 10

1 ○ Results-Oriented (learn from recent actions) ○ 10

1 ○ Hopeful/Grateful (exude positivity and joy) ○ 10

