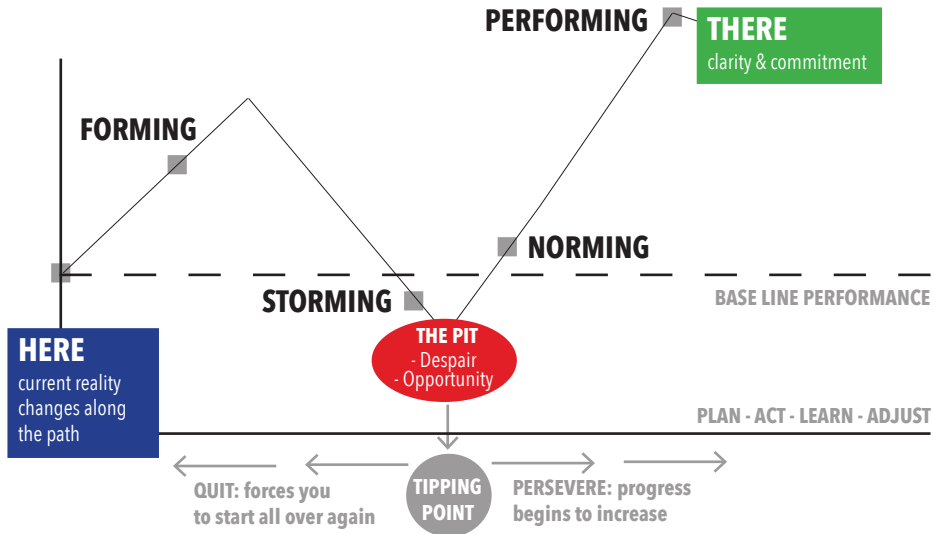


PROJECT MOOD CURVE

A TOOL FOR ENCOURAGING *PERSEVERANCE & PERSPECTIVE*



FORMING

- Expectations
- High Hopes
- The Honeymoon Phase

STORMING

- Realization of difficulty - Gap between expectation and reality
- Conflict
- Familiarity is developed through the struggle
- Two choices present themselves: **Persevere or Quit**
- An MOT is required to determine best course of action

NORMING

- Individuals begin taking ownership and responsibility
- Team members work through idea sharing
- Conflict resolution
- Culture of the team begins to take shape

PERFORMING

- Norms and roles are established
- Culture is set and understood
- Team members have autonomy within their roles
- Connection, intimacy, mutual understanding

QUITTING

- A lack of commitment or clarity often leads to prematurely giving up
- When you quit you will start another project and the curve will start all over again
- Quitting is not always the wrong choice - it invites us to reorient effort toward a better objective
- In "The Pit", despair or opportunity is a matter of choice. Quitting might be viewed as an opportunity to reset and start a better objective. Or it might be viewed as failure, together with a decision that we are worthless and should not try anything else.