



# Spinach in My Teeth Self-Reflection

1. Has anyone ever pointed out the "spinach in your teeth"? How did you react? If not, why do you think this has not happened?
2. Have you ever pointed out the "spinach in someone else's teeth"? How did it go? If not, why didn't you?
3. What would you like to point out to each of your staff, but you have not been able to yet? What would help you get there?
4. Who do you trust enough to ask if you have any "spinach in your teeth"?
5. When is it easier for you and when is it harder for you to point out someone else's "spinach"? What can you learn from this?
6. Is it harder for you to point out someone else's "spinach" or have someone else point out yours? Why do you think that is?
7. How are you building a culture of trust on your team where staff feel comfortable pointing out each other's "spinach"?