

10 HABIT- FORMING TEAM BUILDING ACTIVITIES

You're now familiar with James Clear's 'Atomic Habits', and you want to build good habits in the workplace.

You could initiate a **habit tracker challenge** and encourage each team member to record their daily progress on a chose habit they want to develop or break. Or you could work as a team to identify which **keystone habits** (those pivotal behaviours that can trigger a domino effect of positive change) are more relevant to your team's goals.

But don't stop there! Below are 10 fun and engaging activities that aim to cultivate positive habits, boost team cohesion, and foster a growth mindset - all while drawing inspiration from the principles of habit formation shared by the renowned author and speaker.

1 DAILY STAND-UP RITUAL

Start your day with a short stand-up meeting where each team member shares their top three priorities or goals for the day. This habit fosters communication, alignment and accountability within the team.

2 APPRECIATION CIRCLE

Try habit-stacking this practice into an existing meeting. Ask team members to express their appreciation for the contributions of their colleagues. This habit helps to build a positive and supportive team culture.

3 LEARNING LUNCHES

Another opportunity to habit-stack. Over lunch (once-a-week, monthly or quarterly) watch a Growth Faculty virtual event or replay as a team. Discussing and exploring the insights promotes continuous learning and knowledge sharing within the team.

4 HEALTH AND WELLNESS CHALLENGES

Initiate challenges related to fitness, mindfulness or healthy habits, such as step challenges, meditation breaks, or healthy snack choices - extra points when you bring snacks to work for your team to enjoy! This habit encourages physical and mental wellbeing while fostering team camaraderie.

5 INNOVATION SPRINTS

Dedicate a specific period, like a day or a week, for teams to focus solely on innovation and creative problem-solving. This habit encourages teams to think outside the box and generate fresh ideas collaboratively.

6 FEEDBACK FRIDAYS

Establish a recurring cadence where team members provide constructive feedback to each other on specific projects or tasks. This habit cultivates a feedback and learning driven culture, supports continuous improvement, and is critical for psychological safety.

7 TEAM BUILDING BOOK CLUB

Form a book club within the team or workplace where members read and discuss books related to professional development, leadership, or team dynamics (Growth Faculty's premium members receive a curated selection of eight such books a year). This habit promotes a shared learning experience and encourages meaningful discussions.

8 CROSS-DEPARTMENTAL COLLABORATION DAYS

Dedicate days where team members from different departments collaborate on a project or initiative outside their usual scope of work. This habit fosters cross-functional relationships and enhances teamwork across the organisation.

9 VOLUNTEERING OR COMMUNITY ENGAGEMENT ACTIVITIES

Implement regular volunteer or community engagement activities where teams work together to support a cause or participate in local initiatives. Enjoy yourselves and bond while making a positive impact on the community.

10 REFLECTION AND GOAL SETTING SESSIONS

Conduct periodic sessions where teams reflect on their achievements, challenges, and lessons learned. Encourage goal setting and action planning for future projects. This habit promotes self-awareness, team alignment, and continuous improvement.

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