

# Intentionality Tool

How much attention do you give to the actions listed below in your work with young people? Please answer as honestly as possible.		Almost No Attention (1 pt)	A Little Attention (2 pts)	A Fair Amount of Attention (3 pts)	A Lot of Attention (4 pts)	Almost Constant Attention (5 pts)
<b>Express Care</b>	Showing them that they can trust me.	___	___	___	___	___
	Giving them individual attention.	___	___	___	___	___
	Making them feel known and valued.	___	___	___	___	___
<b>Element Total (add points):</b>						
<b>Challenge Growth</b>	Setting high expectations for them.	___	___	___	___	___
	Helping them learn from mistakes & failure.	___	___	___	___	___
	Holding them accountable for their actions.	___	___	___	___	___
<b>Element Total (add points):</b>						
<b>Provide Support</b>	Guiding them through hard situations.	___	___	___	___	___
	Building their self-confidence.	___	___	___	___	___
	Standing up for them when they need it.	___	___	___	___	___
<b>Element Total (add points):</b>						
<b>Share Power</b>	Taking their ideas & opinions seriously.	___	___	___	___	___
	Involving them in important decisions.	___	___	___	___	___
	Letting them take the lead.	___	___	___	___	___
<b>Element Total (add points):</b>						
<b>Expand Possibilities</b>	Inspiring them to see future possibilities.	___	___	___	___	___
	Exposing them to new ideas.	___	___	___	___	___
	Introducing them to new people.	___	___	___	___	___
<b>Element Total (add points):</b>						

Informed by the numbers above and other things I have been thinking about, the element of a developmental relationship that I want to be more intentional about in the months ahead is:

