

To use the table, rate yourself on a scale of 1-5 for each of the criteria listed in the left-hand column. Add up your scores for all five categories to get a total score out of 75, which you can then use to assess your proficiency in building connections using the S.P.A.R.K.® Method.

Sharing	Scoring Criteria (out of 5) 1=Not at all, 5=Always			
	1	2	3	4
Do I feel comfortable sharing personal experiences, emotions, and challenges with others?				
Do I create opportunities for others to share their personal experiences, emotions, and challenges?				
Am I willing to demonstrate vulnerability and lead by example in sharing my own experiences?				

Purposeful	Scoring Criteria (out of 5) 1=Not at all, 5=Always			
	1	2	3	4
Do I actively listen during conversations, making eye contact and providing verbal and non-verbal cues to show engagement?				
Am I present and focused during conversations, avoiding distractions and multitasking?				
Do I avoid interrupting or speaking over others while they are sharing their thoughts or experiences?				

Asking	Scoring Criteria (out of 5) 1=Not at all, 5=Always			
	1	2	3	4
Do I encourage open-ended questions to facilitate deeper understanding and connection?				
Am I genuinely curious and willing to learn about others' perspectives and experiences?				
Do I avoid asking overly personal or intrusive questions that may make others feel uncomfortable?				

Recognising	Scoring Criteria (out of 5) 1=Not at all, 5=Always			
	1	2	3	4
Am I able to respond empathetically to others' experiences, validating their emotions and providing support?				
Am I able to offer constructive feedback and encouragement when appropriate, reinforcing a supportive environment?				
Do I avoid dismissing or minimizing others' emotions or experiences, and avoid responding with judgment or criticism?				

Keeping	Scoring Criteria (out of 5) 1=Not at all, 5=Always			
	1	2	3	4
Do I maintain regular communication with others, checking in on their well-being and progress?				
Am I able to celebrate successes and milestones, fostering a sense of camaraderie and shared accomplishment?				
Do I make an effort to engage in conversations about personal interests and experiences, in addition to work-related topics?				

Your score: _____

0-50: Needs Improvement

If your score falls in this range, you may benefit from focusing on building stronger connections with others. Consider setting goals to improve your connection-building skills, such as actively listening during conversations, asking open-ended questions, and maintaining regular communication with others.

51-65: Good

If your score falls in this range, you are likely skilled in building connections with others, but may still have some areas for improvement. Consider setting goals to further develop your connection-building skills, such as demonstrating vulnerability and sharing personal experiences, or celebrating successes and milestones with others.

66-75: Excellent

If your score falls in this range, congratulations! You are highly skilled in building connections with others, and are likely viewed as a valuable member of your personal and professional networks. Keep up the good work, and consider sharing your knowledge and skills with others to help them improve their connection-building abilities.

Remember, building better connections is a lifelong process, and everyone can always improve. Use your scorecard results to identify areas for growth and development in your connection-building skills, and set goals to help you improve in these areas.

