

Feelo-metre

Question: How would you rate your space with respect to the feelings of participants in general? Fill the reflection sheet below.

Feeling	Rating (scale of 1-5 where 1 is lowest) / Ranking	Reasons	Improvements I will make
Love			
Growth			
Freedom			
Ownership			
Hope			

Task: After completing the sheet, have a discussion with your team members/volunteers on the following questions:

1. What does your team do well to generate some of these feelings?
2. What more needs to be done to improve the ratings of the feelings that have been rated/ranked low?

Note: *The Feelo-metre is a useful tool to monitor feelings on a long term basis. You can use it during your team/volunteer meetings periodically and analyse the results.*