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Team Spirit Formula ($I^{2u} + U^{2v} = V^{r1}$)

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ABSTRACT

Team spirit begins with vibrant leadership, individual good inter-relationships, resulting in a cordial, cooperative relationship binding the team members together with inspiration, understanding and vision, of 'smart' (specific, motivating, ambitious, realistic and time-bound) goals. The team spirit prevails in the mind of each and every one solely because of the exuberant, far-sighted leadership and equally excited team members, who are all wholly bent upon achieving the goals within deadlines.

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Introduction

When each and every one interacts with one another, it leads to the opening up of each and every one's self and harmony of thoughts, feelings and emotions. When one is not self-aware it leads to a plethora of problems of self-acceptance and self-advancement, which leaves lot of room for self-doubts and mistrust stalking self-confidence, confusion in communication and constraining cooperation, thus adversely affecting the commitment to achieve delegated targets to realize common goals.

Self-awareness is about having a better insight of oneself-it defines who one is and what one wants in life. It helps overcome vain pride, anxiety, anger, anguish and find a purpose of living. It helps develop self-efficacy (a belief in one's ability to achieve success). Beliefs determine how one thinks, feels and behaves. Beliefs influence one to think strategically and optimistically or otherwise, which guide one to identify challenging goals and how to accomplish them with a strong sense of commitment. Some setbacks are taken in stride as success-pointers.

Self-image is how one sees oneself and projects that image on others through appearance, knowledge, experience and self-efficacy. One conveys one's self-esteem by expressing one's self-worth, self-acceptance and self-respect through one's thoughts, words and deeds.

Self-esteem speaks for one's disposition in life. Under-achievers, unhappy, unmotivated and unruly people have low self-esteem. They flare up for even silly affront. Self-esteem gives an identity to each one. While people with low self-esteem succumb to social pressure and rejection, positive self-esteem adds mental muscle to face challenges and threats with courage, confidence and competence leading to self-acceptance – loving oneself as one is and discovering underlying talents and strengths.

This defines one's self-concept-what one perceives oneself to be. One's self-concept influences one's performance and communication competency. Self-concept is defined by one's permanent behaviour-patterns in different situations, based on one's competencies (skills, abilities, talents and learned

knowledge) and values (morals and principles) exhibited by each one.

Sometimes trying situations upset many who have identity crisis or inferiority. The consequent disorientation leads to phony pride/masked self-conceit in the minds of some, who take to the egoistic roller-coaster ride through make-believe self-exaltation or agnostic self-put-down generating negative emotions/energies in the minds of every one. The feeling of lack makes one focus on failures and negative outcomes being unable to handle difficult tasks and challenging situations. It is imperative for everyone to possess strong self-efficacy to achieve common goals.

Each one has to practice self-assertiveness i.e. to speak and act from one's convictions- as a rule. Knowing oneself better is the first step toward knowing someone else better. This enables everyone to live purposefully and attain common goals to achieve shared vision. Self-discipline empowers everyone to defer ego-gratification for the sake of cherished goals. Integrity ensures a lasting bond between each and every one, integrity being a set of ideals, convictions, standards and positive beliefs defining behaviour based on cooperation and compassion.

This is the expression of a collective self of like-minded people sharing a common vision. This is possible only by instilling the I-can-confidence in each and every one, understanding of the possibilities to achieve the goals and the coordinated efforts to make even the impossible possible.

Self-awareness delineates the way we take in information, assign meaning to it and react to it. Learning to understand how our self-perception influences our thoughts is a key step in preparing to communicate with one another. We try to communicate our doubts, hopes and expectations. What we emphasize on and how we appraise our potential has a direct bearing on the results. Much of what we know about ourselves we have learned through interactions with others. The criticism has put us down while some praise has raised our hopes. We have learnt our attitudes, beliefs and values mostly from others.

When anyone is praised and acknowledged, it affects the way one sees oneself and one's potential. If each one

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encourages everyone the results will be marvelous. The propped up self-esteem is then reinforced through accomplishments-even the small successes count. Each one tries to convey one's expectations to others verbally or through cues. Hence, a constant adjustment is continuously going on between and among the team members. Before being acclaimed for one's

performance, one needs intrinsic motivation to prove one's worth through performance and results. Everyone enjoys the task and performs it with passion. Achievements bring along with it appreciation and advancement.