Characteristics of Sprint Retrospectives

The following are characteristics of effective Sprint Retrospectives. For each statement, indicate how strongly you agree with that statement.

#	Statement	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Not Applicable
1	A Sprint Retrospective is consistently held every Sprint.						
2	All Scrum Team members (PO, SM, and Developers) attend and meaningfully/fully participate in the Sprint Retrospective.						
3	Conversations in the Sprint Retrospective are not dominated by any one person or small group of persons.						
4	We spend enough reasonable time in Sprint Retrospective (i.e. it's not too long, it's not too short).						
5	In every Sprint Retrospective, we take time to authentically celebrate/recognize what went well - we don't just jump to "what can we do better".						
6	In every Sprint Retrospective, we identify at least one actionable continuous improvement item as a Scrum Team that gets prioritized for us to work on in an upcoming Sprint.						
7	Our Scrum Team members demonstrate the Scrum Values, especially courage, openness, and respect, during the Sprint Retrospective.						
8	Our Scrum Team members feel safe to share their views and opinions in the Sprint Retrospective.						
9	We alternate the format/exercises used in the Sprint Retrospective over time to keep it feeling fresh and new for the participants.						
10	Our Scrum Team members feel the Sprint Retrospective is constructive and useful.						

While the above is not an all-inclusive list, Scrum Teams that have more effective Sprint Retrospectives tend to exhibit the characteristics above. Review your answers. See if there are any patterns to your responses. Are there any opportunities for improvement you see? What actions might be needed to increase the impact of your Sprint Retrospectives?