

Structured Reflection

A weekly review guide for finding patterns of success.



What do you feel so far?

- Excited? If not, why not? What can you do about it?
- Confident? If not, why not? What can you do about it?
- In control of your success? If not, why not? What can you do about it?
- What was your biggest accomplishment?

What has bothered you so far?

- With whom have you failed to connect? Why?
- Of the meetings you attended, which was the most troubling? Why?
- Of all that you have seen or heard, what has disturbed you the most? Why?
- What was hard for you this week? Why?

What has gone well or poorly?

- Which interactions would you handle differently if you could?
- Which things exceeded your expectations?
- Which of your decisions turned out particularly well?
- Which of your decisions turned out not so well?

What were the missed opportunities?

- What can you improve on next week?
- What was the biggest waste of time?
- Are you doing the things that bring you closer to your life goals?
- What is one thing that you could be more proactive about?