

OK, how did it go?

Review Sheet



What did you plan to do? Write it here

Did you try to do it? yes no

If yes:

1. What went well?

2. What didn't go so well?

3. What have you learned from what happened?

4. How are you going to apply what you have learned?

If no: what stopped you?

Internal things

(forgot, not enough time, put it off, didn't think I could do it, couldn't see the point etc.).

External things (other people, work or home issues etc.)

How could you have planned to tackle these things?

