



OK, HOW DID IT GO?

1

WHAT DID YOU PLAN TO DO?

Write it here:

2

DID YOU TRY TO DO IT?

If yes:

What went well?

What didn't go so well?

What have you learned from what happened?

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 deal with these things?