

Weekly Debrief



Remember to celebrate milestones as you prepare for the road ahead."

~Nelson Mandela

GOALS ACHIEVED

ACHIEVEMENT REWARDS

What did I learn this week / What insights have I gained?

What were the most effective exercises from this week (add to toolbox)?

What did I do to make myself and others feel good this week?

What were my common emotions this week?

What roadblocks did I encounter?

What did I not accomplish?

How can I do better next week?

