

1. What specifically went well?

The thing I was most pleased about (this year/quarter/on this project) was...

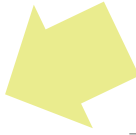
1



2. Which of my strengths did I use?

What led to this success: my problem-solving skills? My people skills? My tenacity?

3



3. What did I learn about myself?

e.g. I'm confident presenting to large groups; I chair meetings effectively; I prefer familiar situations...

4



4. What did I most enjoy about this situation?

Was it the stretch of a new challenge? or having my expertise recognised? or being part of a great team?

5



5. What would I do differently?

e.g. another time I might try...

6



6. Where can I make this happen again?

In the next week/month, how can I repeat this success? (what can I initiate? where can I play to my strengths?)

