

OK, HOW DID IT GO?

REVIEW SHEET

DATE:

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 ABOUT 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?