

LEARNING AND GROWING

1. What?

Debrief what happened/what you observed. What are the facts and feelings related to the event?

2. So What?

So what are the implications? What could you control and influence? What was beyond your control? What did you learn? What connections can you now make?

3. Now What?

How can you apply what you have learned? What will you do differently in the future? What will you do more of? What would you do less of? What might happen if you change nothing?

4. What would you K.I.S.S.?

What do you keep/improve/stop and start in the future?