

**Rule 7 – Reflection 101**

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Start to reflect, In action and after your actions. Reflection is a key trait of successful people!

**‘The more reflective you are the more effective you are’** Pete Hall

Learn to look back at your days, weeks, months and years to **stop you standing still**. Find the **ingredients** to your **success** and **failures**. This will help improve your **efficiency** and **effectiveness** and move you towards your **goals**.

***I recommend you do this every week, so you can plan the next week!***

What was **good and why**? What sense can you make of this? Minimum of 3 things

1. ....
2. ....
3. ....

What could have been **better**? Minimum of 3 things

1. ....
2. ....
3. ....

What did you learn about **yourself, others, or situation**? 2 Things

1. ....
2. ....

What is my **plan**? What **actions do you need to put in place**? What **help** do you need?

1. ....
2. ....