

Date:

Time:

IMPACT JOURNAL

What kind of feedback am I giving myself and is it accurate?



HOW DO I KNOW?

What happened?

Who was there?

What was the situation

What did I do?

What was my impact in that moment? Did I help move it forward or did I get in the way? Did I get defensive?

What evidence do I have to support what I thought my impact was? Did I help move it forward or did I get in the way? Did I get defensive or do I remain open and listen?

Now what? If it was a positive impact, how can I replicate it?
If it was a negative impact, what can I learn about myself and what can I do differently next time?