



REFLECTION MATTERS



WHAT I MEAN BY REFLECTION:

- Stop for a minute
- Take a look at what you've done
- Make a future strategy from that information



CHOOSE YOUR TIME INTERVAL WISELY

There are many time intervals that you can incorporate:

- Daily: best if you're just getting started with reflection
- Weekly: add this one to your planning sesh on Sunday night
- Monthly: Go big or go home. How you doing on those monthly goals?
- Spot check: To be used anytime you are in a questionable situation.

BEGIN THE PRACTICE, GRASSHOPPER

These questions are good thought starters:

- What worked well? Why?
- What didn't work? Why?
- What are you going to do differently tomorrow/next project?



SENSEI SAYS: STOP TRAILBLAZING LONG ENOUGH TO SEE WHERE YOU'VE BEEN, AND ADJUST YOUR COURSE WHEN NEEDED.

