

# PERSONAL RETROSPECTIVES

GET BETTER

## When and where will you have your retrospectives?

Sunday  Monday  Tuesday  Wednesday  Thursday  Friday  Saturday

Time:

Place:

*Note: You may want to schedule your personal retrospective for the same day as your team retrospective.*

## Steps

- 1 **Gather data.** What went well? What could be improved?
- 2 **Group & prioritize issues.** Pick your top 3.
- 3 **Generate action items.** Make them *specific & achievable*.

### Supplies

- sticky notes
- whiteboard marker
- whiteboard
- resilience 😊

*Note: While these supplies are recommended for an engaging retrospective, any sort of writing tools are sufficient to get started.*

### My Core Values

See the *Value Discovery Worksheet*.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

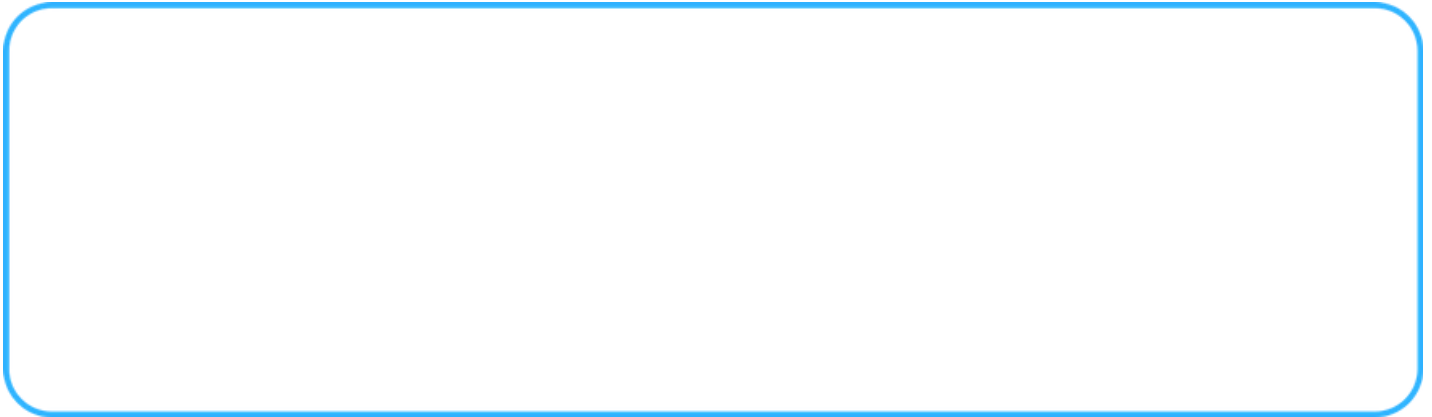
## Tips

- **Be honest with yourself**—it's the only way to get better.
- **Cultivate gratitude**—fully appreciate what is going well.
- **Embrace the growth mindset**—you are capable of improving.
- **Practice self-compassion**—don't beat yourself up!

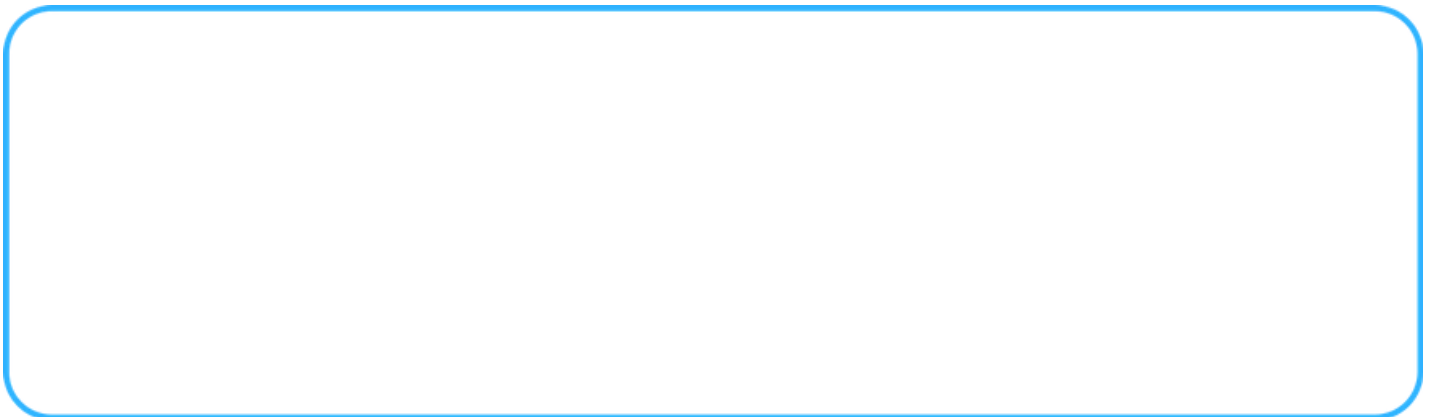
# VALUE DISCOVERY WORKSHEET

PART 1

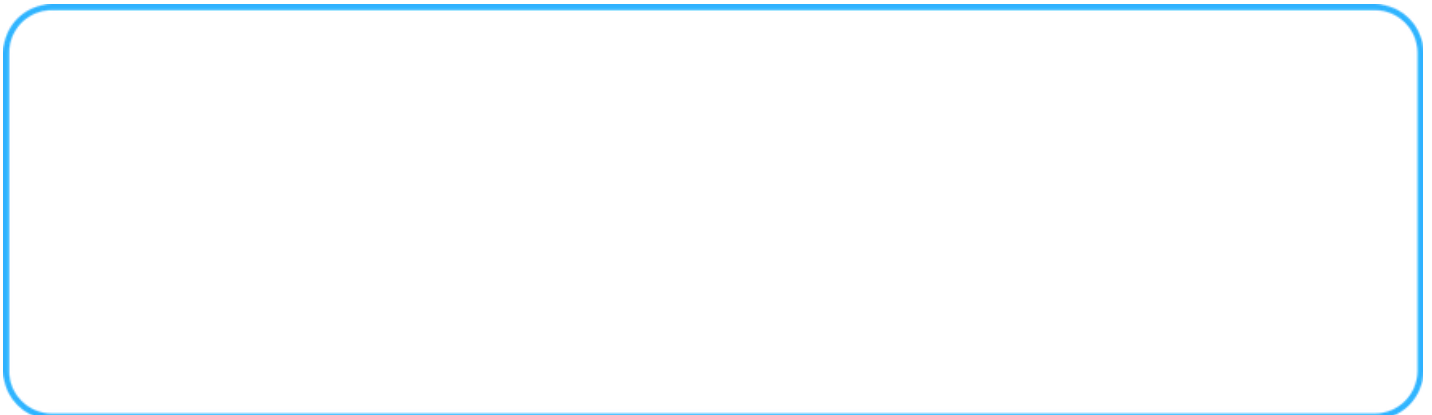
1. Whom do you most admire? What are his or her defining traits?



2. What are your proudest moments? What values led you to those moments?



3. What would you do if you had only a year left to live? What values would you display during those activities?



# VALUE DISCOVERY WORKSHEET

PART 2

## 4. Circle the values that are most meaningful to you.

Accountability	Dignity	Health	Positivity	Simplicity
Accuracy	Diligence	Helping	Practicality	Solitude
Achievement	Directness	Honesty	Preparedness	Speed
Acknowledgement	Discipline	Honor	Pride	Spontaneity
Adventure	Discretion	Hope	Privacy	Stability
Altruism	Diversity	Humility	Professionalism	Strength
Ambition	Dynamism	Independence	Prudence	Structure
Assertiveness	Economy	Individuality	Quality	Success
Balance	Effectiveness	Influence	Realism	Teamwork
Beauty	Efficiency	Ingenuity	Reliability	Thoroughness
Belonging	Elegance	Integrity	Reputation	Thoughtfulness
Boldness	Empathy	Intelligence	Resilience	Thrift
Calmness	Enjoyment	Intellectualism	Resourcefulness	Tolerance
Carefulness	Enthusiasm	Intuition	Respect	Tradition
Certainty	Equality	Joy	Restraint	Trust
Challenge	Ethics	Justice	Rigor	Truth
Cheerfulness	Excellence	Kindness	Security	Understanding
Cleverness	Excitement	Knowledge	Self-actualization	Uniqueness
Commitment	Expertise	Leadership	Self-control	Unity
Community	Fairness	Legacy	Selflessness	Utility
Compassion	Faith	Love	Self-reliance	Variety
Competition	Fame	Loyalty	Serenity	Vitality
Confidence	Family	Mastery	Service	Wealth
Conformity	Fidelity	Mindfulness	Sharing	Wisdom
Consistency	Fitness	Modesty		
Contentment	Flexibility	Obedience		
Contribution	Focus	Openness		
Control	Forgiveness	Optimism		
Cooperation	Freedom	Order		
Correctness	Friendship	Organization		
Courage	Fun	Originality		
Courtesy	Generosity	Patience		
Creativity	Goodness	Patriotism		
Curiosity	Gratitude	Peace		
Decisiveness	Grace	Perfection		
Dependability	Growth	Persistence		
Determination	Happiness	Piety		
Devotion	Hard Work	Playfulness		

## 5. Review your above responses.

What are your top five values?

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_