

Weekly Review: Backwards

Date: _____

Make a regular time and a place weekly to separate from the whirlwind and take a look backwards at what happened during the last week. Then forwards into the next week (page 2). Print this and make notes; save and look back at them periodically and reflect further (page 3). Also: you can get a buddy and support each other's reflection.

News of This Past Week

What was this week like for you and others who matter to you?

What happened of significance this past week?

What surprised you, positively or negatively?

What seems insufficiently addressed about what happened?

What can you appreciate about this past week?



In this week, it seemed like I was...

Making progress _____

Stalled or setback

Purposefully grounded _____

Doubting or unsure of myself

Showing up as I want to, context-aware _____

Being run by events, moods, urgency

Well-connected _____

Too isolated



When did I get caught in traps? Did I get out? How?

- Telling myself and others stories too simple about what's more complex?
- Getting caught up in rightness about something and/or someone
- Pursuing control or pressing for results beyond what complexity affords
- Avoiding uncomfortable disagreement or settling for compromise too fast
- Over-relying now on what's easy for me or generated my success in the past

Reference: *Unlocking Leadership Mindtraps*, by Jennifer Garvey BergerStanford Briefs, 2019.

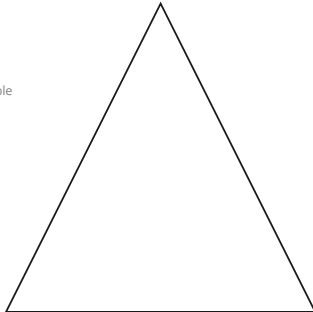


What am I carrying with me?

What has me worried ... a bit?

Pulling away or wanting out

Not applicable



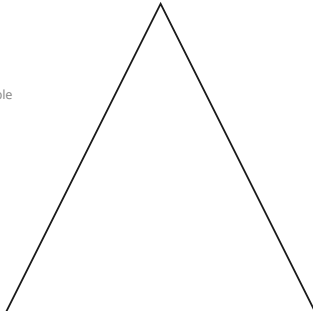
Speaking up, even if not welcome

Conforming with others' expectations

At risk for me is...

Something I stand for

Not applicable



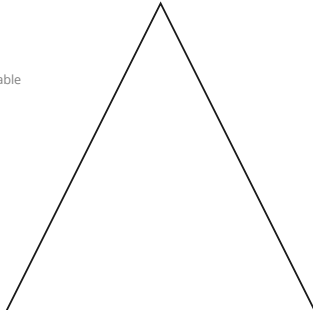
How I am regarded

Getting what I need for me

If I am not careful...

I'll get taken advantage of

Not applicable



I'll wind up on the margins and irrelevant

Things will get out of control

About Next Week

What's ahead and how do I want to engage it

To what extent does my calendar indicate what's most important for me to attend to?

How can I best create the conditions for important things to move forward?

In what's planned, what do I need to have in mind, and how do I want to show up?

In what things do I need to pursue clarity about the terms of my engagement?

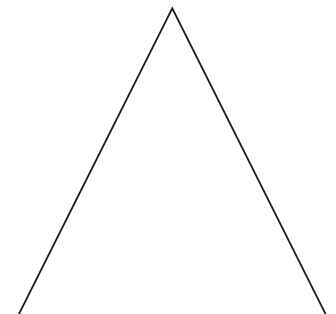
What do I need to pick up from last week and have a conversation with someone about?

Who might I get a consult or coaching from about something I am considering?

What do I noticed about how I filled out these triangles and what it led me to reflect upon?

Going forward, I want...

To be more present with what I engage



More ease with difficulty and differences

More curiosity and openness

Over Time: Patterns and Shifts

Date:

What's shifting in me?

Define some time intervals to compare now against prior periods

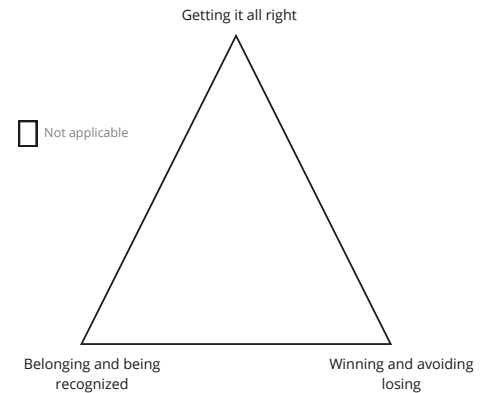
What do I notice about how I filled out Weekly Reviews in the past?

What's similar and different about me now?

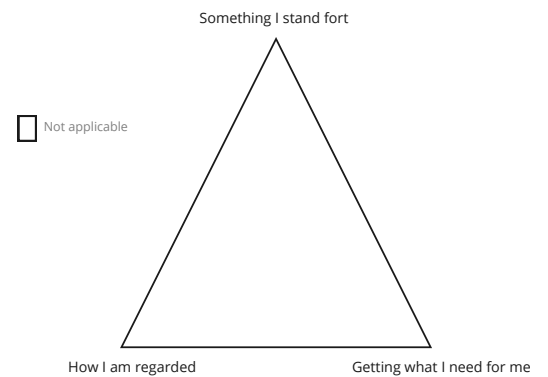


Compared with earlier...

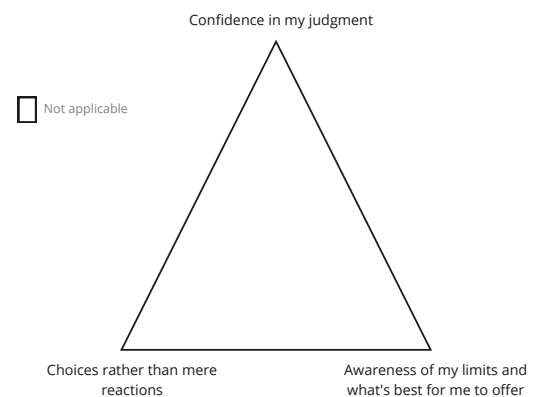
I am less concerned about...



I am more at ease with...



Facing challenges, I have more...



What do I want to generate (inside-out) more of? Less of?