

FAILURE → FEEDBACK

Use this worksheet to break down any setback, understand it clearly, and plan one small change to improve next time.

Q1. WHAT HAPPENED?

Briefly describe the event that didn't go as planned

Keep in Mind:



- Be honest and factual
- Pause judgment and be curious
- See this as a problem not a self-worth issue

Q2. WHAT DID IT REVEAL?

What felt off, unexpected, or uncomfortable?

What was in your control?

What was outside your control?

Q3. WHAT'S THE NEXT STEP?

One insight this failure revealed

One thing I'll try differently next time

There is no failure.
Only feedback
—
Robert Allen



Love this.
Buy Me a Coffee?

RE-FRAMED STATEMENT

That didn't go as planned, but it taught me _____

, so next time I'll _____