



# Team Pulse - Personal Reflection Tool

Name \_\_\_\_\_

Date \_\_\_\_\_

**Instructions:** Reflect on your successes and challenges over the past week and set goals for the week ahead.

## 1. Job Satisfaction

*My level of achievement and satisfaction at work this past week...*

My Success Last Week Was:	My Challenge Last Week Was:	My Goal For The Week Ahead Is:

## 2. Performance Feedback

*Giving and receiving feedback with my colleagues...*

My Success Last Week Was:	My Challenge Last Week Was:	My Goal For The Week Ahead Is:

## 3. Peer Support

*Communicating effectively and openly sharing with my team...*

My Success Last Week Was:	My Challenge Last Week Was:	My Goal For The Week Ahead Is:

## 4. Work/Life & Wellbeing

*My satisfaction with my work/life and wellbeing...*

My Success Last Week Was:	My Challenge Last Week Was:	My Goal For The Week Ahead Is: