

Reflection Template

A) Problem/Question	B) Options	C) Evaluate Fit	D) Commit
Define the Problem or Question:	1.	1.	What action are you committing to?
	2.	2.	
Empowering mindset, beliefs, approaches	3.	3.	By when?
Limiting mindset, beliefs, approaches	4.	4.	What will define success in your action?
	5.	5.	What support or accountability will help you get traction?