



Reflection & Internalizing Lessons

Gathering immediate feedback after important Moments of Performance is one Anchor Skill and practice within the Short Past Dimension; a second is using an After Action Performance Review process in order to capture major lessons learned.

Taking a slightly broader Short Past perspective includes reflecting and internalizing important lessons collected this week/month. Think of this as your Flow journal.

In addition to your normal self-reflection/journaling routine, consider adding these questions to your current process or using it as a separate reflection tool.

What Flow principles, strategies, or practices did you utilize this week? What were the results?

What did you learn this week about what contributes to your Flow?

What did you learn this week about what interferes with your Flow?

What connections did you make between dimensions: how one or more Flow Factors influenced others (+ or -)?

What might you “do differently” next week given what you learned last week?

Date: _____

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4. What connections did you make between dimensions: how one or more Flow Factors influenced others (+ or -)?
5. What might you “do differently” next week given what you learned last week?

