

Use this time to reflect on where you're at with your development. Some of the following questions might help.

## Reflecting on the past week

- How do you feel about the past week? Why?
- What experiences of the past week are important? Why?
- What feedback have you had, or could you seek?
- What are your key learnings from the week?
- What actions did you set? What did you achieve?
- What setbacks did you face and what can you take from them?
- What soft skills were key this past week? Why?
- How did you use your strengths?
- How did you address development areas?

## Thinking about the upcoming week

- How are you feeling about the upcoming week? Why?
- What opportunities are there to test yourself in the week ahead?
- What projects provide a chance to learn or do something new?
- How can you use your strengths and show what you can do?
- Who are you working with? How could they help you to develop?
- What are you doing outside of work to broaden your horizons?
- What do you need to read up on or explore to get ready?
- Write down 1-3 key aims to achieve in the week ahead.
- Write down any soft skills that will be important this week.

Relevant Spotlights \_\_\_\_\_

Make sure you capture your reflections in your Spotlights in the WiseAmigo app. So they're with you on the go.

- Scrapbook your thoughts, reflections or notes made.
- Enter any actions or goals that come out of your reflections.
- Consider any opportunities for feedback. Make the requests.
- Consider any new Spotlights that come out of your reflection.

*Whatever you have coming up, be brave. Go smash it. You'll be great.*