

POST EVENT SUMMARY

*Use this after a big event, for regaining perspective,  
inviting compassion for yourself, and naming next steps from here.*

Date: \_\_\_\_\_

What went well?

❖ \_\_\_\_\_

What were areas to work on?

❖ \_\_\_\_\_

What else did I learn?

❖ \_\_\_\_\_

What do I want to acknowledge

❖ \_\_\_\_\_

How will I celebrate or reward myself?

❖ \_\_\_\_\_

Things to work on from here:

❖ \_\_\_\_\_