

# 7 QUESTIONS TO ASK AFTER FEEDBACK

WHAT ARE THE OPPORTUNITIES IN THE CRITICISM?

WHAT AFFIRMATIONS OR APPRECIATIONS WERE SHARED?

WHAT ACTIONS WERE SUGGESTED?

WHAT DOES THIS FEEDBACK TEACH ME ABOUT HOW I'M PERCEIVED?

HOW DOES THAT MATCH WITH HOW I WANT TO BE PERCEIVED?

IN WHAT WAYS DID THE FEEDBACK RESONATE WITH MY OWN NOTIONS OF WHAT I NEED TO WORK ON?

IN WHAT WAYS DID THE FEEDBACK SURPRISE ME?

