REFLECTION & RE-PLANNING CANVAS

Adjusting My Path

Mentee Name:

_____

Date:

_____

Use this canvas to reflect on your progress, identify what needs to change, and build a stronger action plan for the next period.

1

Step 1: What Worked Well?

Which actions, habits, or decisions helped me make progress?

2

Step 2: What Didn't Work?

What prevented me from achieving my goals?

3

Step 3: What Have I Learned?

What lessons can I take forward?

1

Step 4: What Needs to Change?

What should I stop doing?

What should I continue doing?

What should I start doing?

2

Step 5: Revised Priorities

My Top 3 Priorities for the Next Period:

3

Step 6: New Action Plan

Action

Deadline

Confidence Check

How confident do I feel about my next steps?

1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10 ☐

What would increase my confidence?

Commitment

One thing I commit to doing before the next mentoring session: