

Can I Give You Some Feedback?

Action Worksheet

30 Days of Feedback Practice

Here's a four week assignment designed to move you into the Feedback Hall of Fame. Use the form to make some notes at the end of each week to keep track of what you learn from your efforts. By the way, if you work with a partner for the thirty days, you'll double your success and learning.

Week One: Find a reason to give a piece of positive feedback to a family member or friend once a day.

What did it feel like to praise people close to you on a consistent basis? _____

Week Two: Continue the first week's assignment and add delivering a piece of positive feedback to a co-worker, employee, or retail/service individual each day

What did it feel like to praise people in a work environment on a consistent basis? _____

Week Three: Keep up the good work (Don't forget to continue keeping track of your efforts.) and deliver one piece of challenging feedback to someone at work—a task that you've been avoiding.

What did it feel like to finally deliver this message? _____

Week Four: Keep up all those positive messages and deliver one of those difficult messages to a family member or friend.

How do you feel about giving feedback now? _____

Who could I invite to take this challenge with me? _____

The learning from this activity that is most important for me is _____
