

# The Intentional Reflection

**A simple tool to help you reflect on your previous quarterly performance and plan for your next quarter with intention.**



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## Quarterly Reflection Guide

**1. What worked well?** What did you do consistently that supported your progress?

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**2. What didn't work?** Where did things go not as expected?

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**3. What is still in progress?** What have you started but not yet completed?

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**4. What were the most important things you learnt this month?**

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# Quarterly Planning Guide

**1. What will you continue doing?**

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**2. What will you stop doing?**

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**3. What will you add or start?**

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**4. What is one commitment you will carry into the next quarter?**

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**Small, intentional adjustments  
~ consistently applied ~  
often create the strongest  
progress over time.**



Your career advances by intention.  
Take ownership of how you show up and invest in your growth.

For more information, please contact us:  
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