*Adapted by Nicky Hammond Coaching*

[What was your intended plan (i.e., what were you looking to accomplish)?](https://nickyhammondlifecoachingschedule.as.me/lifecoaching)

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How did you deviate from or fail to meet your expectations? (A failure is simply not meeting your expectations). Be detailed and factual.

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Why did you fail? Write down all the thoughts and circumstances that came up.

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What did you learn? How did this experience impact you?

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How can you do better next time?

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