

After Action Review

What was your objective?
(What did you set out to do?)

What happened?
(Facts only.)

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What worked?
Why?

What do you need to do more of?
Why?

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What didn't work?
Why?

What do you need to change about your approach
or goals going forward? Why?

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Who needs to be recognized for aiding you in your
progress?

What are you most proud of so far?

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What do you regret doing?

What do you regret **not** doing?

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As of today, how satisfied are you in the following areas of your life?

	Very Dissatisfied	Dissatisfied	Ambivalent	Satisfied	Very Satisfied
Career	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Contribution	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Education	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Finances	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recreation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Relationships	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Personal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

TRIPLE C

Cease	Commence	Continue
What are one or two of the biggest things you know you have to stop doing if you want to increase your effectiveness?	What new habits, attitudes, or actions do you need to adopt and demonstrate that are most likely to boost your effectiveness?	What are your "winning ways" and how will you ensure you keep doing them despite any distractions?

ACTION PLAN

<u>Goal</u>	<u>How Much</u>	<u>By When</u>	<u>Next Action</u>

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