



# FEEDBACK WORKSHEET

**PURPOSE:** *This feedback form is part of a life change process called the DISCIPLINE STRATEGY®. I have been using this process to accomplish my goal. I am at a point where I could benefit from some feedback. Because of your knowledge of me and what I am trying to do, I would appreciate your feedback.*

**THIS IS MY GOAL:** \_\_\_\_\_

**INSTRUCTIONS:** *Whether you are filling this out electronically, by hand, or we are simply discussing verbally, please reflect on these questions and give me your honest feedback.*

**What am I doing right?**

Can I intensify the things I am doing right? If so, how?

**What am I missing?**

Why do you think this is important?

How can I incorporate new habits or activities that respond to your concern?

**What do I need to stop doing?**

When have you observed me doing this?

How can I stop doing these behaviors, or what can I replace them with?

I want you to feel safe and comfortable providing any feedback. What else do you think I need to understand or focus on (positive or negative)?