

1 One thing that was good	2 One thing that improved	3 One instance of effort
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My three things: After every practice session, coaching, rehearsal, etc., write down three things you noticed - one very specific thing that went well, one very specific thing that improved, and one instance of great effort (even if the result was neither particularly good nor improved).

Day 1: #1	_____
#2	_____
#3	_____
Day 2: #1	_____
#2	_____
#3	_____
Day 3: #1	_____
#2	_____
#3	_____
Day 4: #1	_____
#2	_____
#3	_____
Day 5: #1	_____
#2	_____
#3	_____
Day 6: #1	_____
#2	_____
#3	_____
Day 7: #1	_____
#2	_____
#3	_____

Reflection:

What is one Insight you gained? _____

What is one question you have? _____
