



End of the Day Review

Directions: There are three parts to this review. Complete each part one by one:

PART 1- Complete and Discuss the Following:

One thing that I learned today is:

One thing that I appreciated today is:

One thing that impacted or affected me personally today is:

One thing that I think I did well today is:

Something I can try to do better next time:

Something I could talk about next session is:

At least one or two specific things that I can and should work on after I leave today:

One last parting thought or idea that comes to mind before I leave today is - (Optional)

COMPLETE AND DISCUSS PART 1 BEFORE MOVING TO PART 2



PART 2: Giving and Taking Positive Feedback

Directions: Everyone in the group gets a turn. When it is your turn, allow one other person in the group to give you POSITIVE feedback – (Group members sharing feedback should make sure it is positive based on something someone did well – *Not constructive criticism*) The idea is to end the group on a positive note. Some examples of positive feedback:

- “I thought it took courage for you to share about _____ today”
- “I feel like you one positive thing you brought to the group today was _____”
- “That comment you made earlier about ____ as it gave me something to think about”
- “I give you credit that you keep on trying and fighting to get toward your goal of _____”

COMPLETE AND DISCUSS PART 2 BEFORE MOVING TO PART 3

PART 3: End it with Gratitude –

<Everyone share a short gratitude list to end the group>

Three things I am grateful for today:

- 1.
- 2.
- 3.