

INDEPENDENT PREWORK · 35–45 MINUTES · LOOK BACKWARD

18-month retrospective

Build a one-page timeline of 8–12 moments across the previous eighteen months. Include life as well as work. Observe first, then name what changed; finish with the three changes the others need to understand. Keep raw personal details private unless you choose otherwise.

Before the workshop: complete this sheet independently. Due 48 hours before Session 1; submit only the material you approve. This is preparation, not an agreed session output.

Your name / note owner

Date

Sharing label

Private / not for synthesis

Period covered

From [month/year] to [month/year]; count back eighteen months from the workshop.

Timeline: 8–12 moments

For each: month/period → what happened → life domain (family, health, identity, location, money, work, relationships) → energy gained/drained → pride, fear, disappointment or meaning → belief/priority changed. Use one short paragraph per moment.

The three changes that matter most

1. What changed / why it matters now.
2. What changed / why it matters now.
3. What changed / why it matters now.

What the others may not understand about me now

What assumption about the old me would be misleading? What do I want them to understand?

Approved share-back only

What am I explicitly comfortable sharing in the workshop? Keep raw details out of this summary if private.
