



Awareness. Acceptance. Action.
Don't wait thirty years. What are you carrying right now?
Debrief it. Reframe it. Put it down today.

Debrief

CAPTURE, RELEASE AND DECIDE

The Good: CAPTURE the positive feelings (SAVE)

1.

2.

3.

Comments:

The Not So Good: RELEASE the negative feelings (DELETE)

1.

2.

3.

Comments:

For the Record: DECIDE and write down your decisions for improving your performance

1.

2.

3.

Comments: