

## Observe:

What caught your attention today?  
Why?

Who did you talk to today? What did you talk about?

What was most memorable about your interactions today?

## Reflect:

What was a high point today? A low point?

What made you feel:

- Excited?
- Urgent?
- Frantic?
- Elated?
- Curious?
- Resolved?

## Interpret:

What did you learn today?

What was a key insight?

How does this fit in with your preconceived theories about your work?

What can you conclude based on your observations and experiences?

## Decide:

Have you changed your mind about something? What?

Are you all the more resolved about something? What?

What are you going to do differently based on these observations and experiences?

How are you going to apply what you've learned when you get back to your desk?

