

PERSONAL RETROSPECTIVE CANVAS

EXPERIENCES

What are you proud about. Things you are satisfied with, stuff that works. Also achievements, failures and challenges. What frustrates you?

FINDINGS

Why are you un-/successful? What's your contribution. Which of your capabilities are reliable to built on? State your weaknesses, list potential pain points to address.

DECISIONS

What should you focus on? What do you actually plan to improve your situation/reach your goals? How do you measure that you are on the right track?