

Highlights & Hopes: Reflect & Share

Highlights & Hopes is a reflection tool you can use personally or as part of a conversation with others.

Checking in on what has been working and what you want in the future is especially valuable when you are experiencing change, making plans or teambuilding. This worksheet is designed for teams or groups, but can be easily adapted to other uses.

Highlights	Hopes
3 Highlights over the past year for you professionally	3 Hopes/wishes for your team over the next 3 to 6 months
3 Highlights over the past year for you personally	3 Hopes/wishes for you personally in the next 3 to 6 months

Ways to use this:

- Make the timeframe meaningful for you
- Try to name 3 items in each category

In a team (or family system)

- If you are doing this as a team, this sheet can be completed as pre-work before a team conversation
- It is most valuable when each person shares all 12 areas, it is an authentic story of where they are now
- Once you've heard from everyone, see if there are some themes that have emerged for the future for the team
- Team storytelling usually takes 3 to 5 minutes per person and inevitably ends up with some themes to support both team and individual growth and priorities going forward.