



One Word

Each team member describes their current work experience in one word. Everyone must state one word and can shortly explain it. As a team, listen and decide if there is any arising topic you want to talk about in this retrospective.

A large rectangular area defined by a dotted line, intended for team members to write their one word and explanation.



Retrospective

Reflect on your recent project and team experience. Each team member shares their highlights, lowlights and wishes. Discuss arising patterns and themes. Decide what you want to keep and what you want to change. Define concrete actions.

Project	Highlights What went well in the project?	Lowlights What could have gone better with the project?	Wishes What was missing in the project?
Team	Highlights What went well with the team?	Lowlights What could have gone better with the team?	Wishes What was missing in the team?
Action	Things to keep What should the team keep doing?		Things to change What should the team start or stop doing?



Energy Level

Ask yourself: How energized am I for the upcoming period of time? Position yourself along the energy scale. Shortly reason why.

			↑
↓			