



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.



Mad - Sad - Glad

Reflect on your recent project and team experience. Each team member shares what experiences made them made, sad or glad. Discuss arising patterns and themes.

Mad

What made you feel annoyed?

Sad

What caused feelings of disappointment?

Glad

What made you happy?



Start - Stop - Continue

Reflect on your recent team and project experience. Each team member shares what they want to start, stop or continue. Try to reason it based on your latest experiences. Discuss arising patterns and themes. Decide which ones you want to take action on.

Start

What should the team start doing?

Stop

What should the team stop doing?

Continue

What should the team continue doing?



Action Assessment

Based on the team reflection, define actions you want to take for further improvement. As a team, estimate the impact and effort of every action. Each team member can then decide which action they would invest their energy in. This will give you an assessment of all actions to decide which ones the team wants to commit to.

Action

Impact

What do you want to achieve?

What is the estimated impact of this action?

What is the estimated effort of this action?

How motivated is the team for this?

Effort

Energy



Energy Level

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

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