



One Word

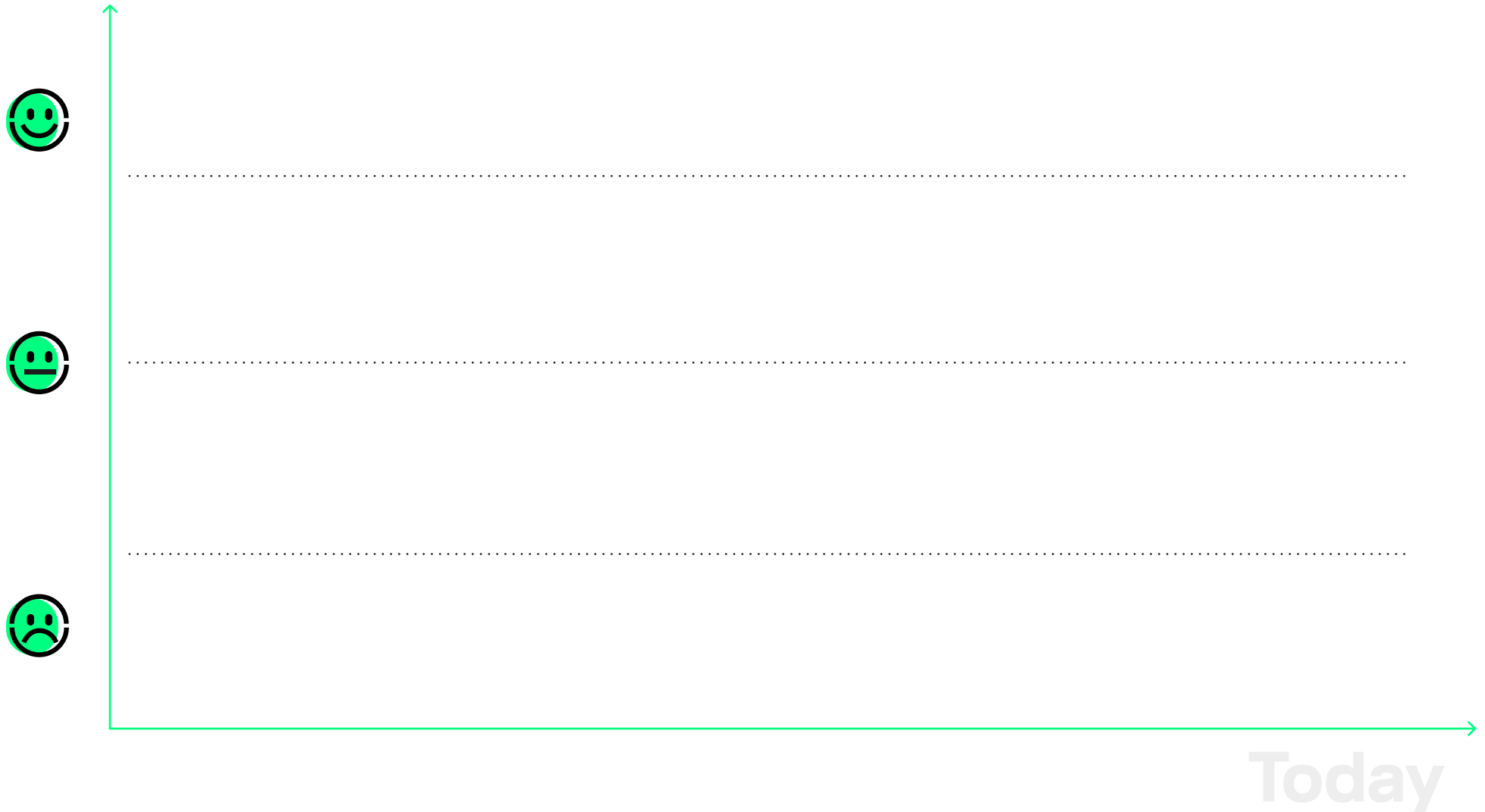
Each team member describes their current work experience in one word. Everyone must state one word and can shortly explain it. As a team, listen and decide if there is any arising topic you want to talk about in this retrospective.

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



Emotional Journey

As a team, define your time span on the x-axis before you start. Draw your emotional curve for this time span and name your highlights and lowlights. Share your journeys within the team.





KALM | Keep-Add-Less-More

Reflect on your recent project and team experience. Each team member shares what they want to keep, have more or less of or want to add. Discuss arising patterns and themes. Decide which ones you want to take action on.

	More What should the team start doing?	Keep What should the team continue doing?	Less What should the team stop doing?
Add What should the team add?			





Energy Level

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

			↑
↓			