

Feedforward Activity

1. Choose one skill or behavioral tendency you would like to see improve.
2. Ask your partner for one suggestion they would make on how to achieve the change you want.
3. Listen to the suggestion. Take notes.
4. Thank the person for their suggestion.
5. Reciprocate by providing them feedforward

The thing I want to improve is:

NOTES:

Suggestion I commit to trying
for 3 weeks