5 Seek Feedback From a Colleague

Date _____/_____/_____

Journaling tips

Be proactive and seek feedback from a colleague. Document the feedback you are seeking.
Did the colleague provide constructive feedback?
Will you put this feedback into action?

What feedback did you seek?

Was the feedback constructive?

What actions will you take to improve based on the feedback you received?

Pro tip

Don't bury your head in the sand. As a leader, learn how you can improve or what needs to change to for you or your team's success.