Feedback Parser Personal Worksheet

Conversation Logistics: Who did you meet with? When did you meet? What was the topic of the feedback (use objective language to describe it)?	Step 1: Transcribe what the person said as best you can remember using their exact words, not your interpretation.	Step 2: List everything that's wrong with the feedback - the inaccuracies, blind spots, etc. This is also your chance (if necessary) to let out your feelings (joy, anger, confusion, etc.).	Step 3: Write down what could be right with the feedback - insights, improvements, learnings, new ideas, etc. What might be useful from this feedback?	Step 4: Commit to a next action - have a conversation, move on, make a change, etc. Trust your gut and follow your values here. What is something you could do to make your future self proud?