

Clutch Reflection

<u>Date:</u>	<u>Mission:</u>	
<u>Controllable Factors</u>		<u>Uncontrollable Factors</u>
	<u>Self-Talk Statement:</u>	
<u>Personal Highlight</u>	<u>Energy Level</u>	<u>Perspective Picture</u>

What are at least three specific things that you did well since the last training activity?

What is one specific challenge you are facing or one specific area you want to improve?

What is one specific area your team must improve as a whole?