

Weekly Check-In Tool

Simple Weekly Prompts:

- What's going well this week?
- Where are you feeling stuck or frustrated?
- Is there anything I can help unblock or clarify?
- How are you feeling (1–5 scale)?
- One thing you'd like to learn, try, or improve on next week?

 Use during 1:1s or as a standing weekly self-check-in.

Optional Format: Convert into an online form or use as part of a recurring team check-in meeting.