I have come to conclusion that I need to go back to my old process of holding the release back. Wait 24 hours, read again before release. Also make sure that the I push is the right file as with the one I read.

What was missing in the work?

What was missing doing the work?

How come it got bad?

What was the problem source?

How could I do better?

What was the most important thing that went good/bad?

What did I do good?

What went well in the work?

How have I improved since my last work?

What things that are inside the circle of influence can be done to do a better work the next time?

What things in the circle of concern is wished for in future work?

How are you pleased with the Work?

Are you pleased overall with the Work?

(after release) What have I learned?