@praveenasekhar
I'm good at: If you're struggling to fill this: Think about feedback or comments you have received about your work in the past. What have others found useful that you do
I may need some help with: If you're struggling to fill this: Think about feedback or comments you have received about your work in the past. What have others found there's scope for improvement
What did you find useful so far: General things like documentation, your onboarding process, team standups. It could be anything.
What did you think we could improve It could be anything that could have made your initial few weeks here better
What would like to learn more or do more or less of in your next 4 weeks here: Perhaps something you've noticed that is exciting or interesting so far
Is there anything I can do to make your next 4 weeks here better Perhaps something you've noticed that you'd like to sort out or help in understanding etc.

Introspection Template