

What went well?

What should we keep doing?  
What should we celebrate?  
Where did we make progress?

What went poorly?

Where did we have problems?  
What was frustrating to us or others?  
What held us back?

[Topic of the retrospective]

aspects, successes, and achievements

. In order to get momentum, you need to be consistent

It is a reflective exercise that encourages individuals or teams to pause and recognize the things

team to create a list of action items that foster continuous improvement before your upcoming sprint.

We try to show our anger and frustration. We are easily irritated . Tough these people ...

He held back, terrified of going into the dark room. SMART Vocabulary: related words and phrases. Avoiding action.

BANKER

asking someone to think of something or suggest something

Stay informed of emerging technology and provide training.

Create healthy routines. Living well is critical to loving yourself

Develop new ideas and approaches

Stop waiting until conditions are perfect.

Travel the world. If it's possible, then you should make sure you fit some travelling in. ...

What ideas do you have?

What ideas do you have for future work together?  
Where do you see opportunities to improve?  
What has untapped potential?

How should we take action?

What do you believe we should do next?  
What specific things should we change?  
What should extend beyond this meeting?