

# Feedback Reflection Process

# “LBR”

Step 1: **L**ight

Step 2: **B**reak

Step 3: **R**evisit



Step 1:

# Light. (Bring to Light)



Feedback brings things out of hiding into the light.

After you read your feedback, talk about what's on your mind with a trusted person.

It's normal to feel emotionally charged.



Step 2:

**Break**

**(Take a break from it)**



Don't act on the feedback.  
Take a break from it.



## Step 3:

# Revisit it



Read your feedback again.

You will be able to look at your feedback with less emotion.

Follow this process:

- 1) Highlight what resonates
- 2) Cross out what doesn't
- 3) Look for PATTERNS.

Document helpful insights and share them with a coach or trusted partner

