

EXERCISE: Plus-Delta-Action Method

(Chapter 7)

One practical reflection tool is the Plus-Delta-Action method. Here's how to use it.

Take a sheet of paper and create three columns:

- **Plus:** Jot down your accomplishments and any positive feelings about your experiment. What went well? What felt energizing?
- **Delta:** Note any challenges, obstacles, or negative emotions you encountered. What didn't work? What drained your energy?
- **Action:** Write down insights from the first two columns to guide your next steps. Based on this, what will you do next?

Plus	Delta	Action