

Reflection Workbook

The 4 lens Framework

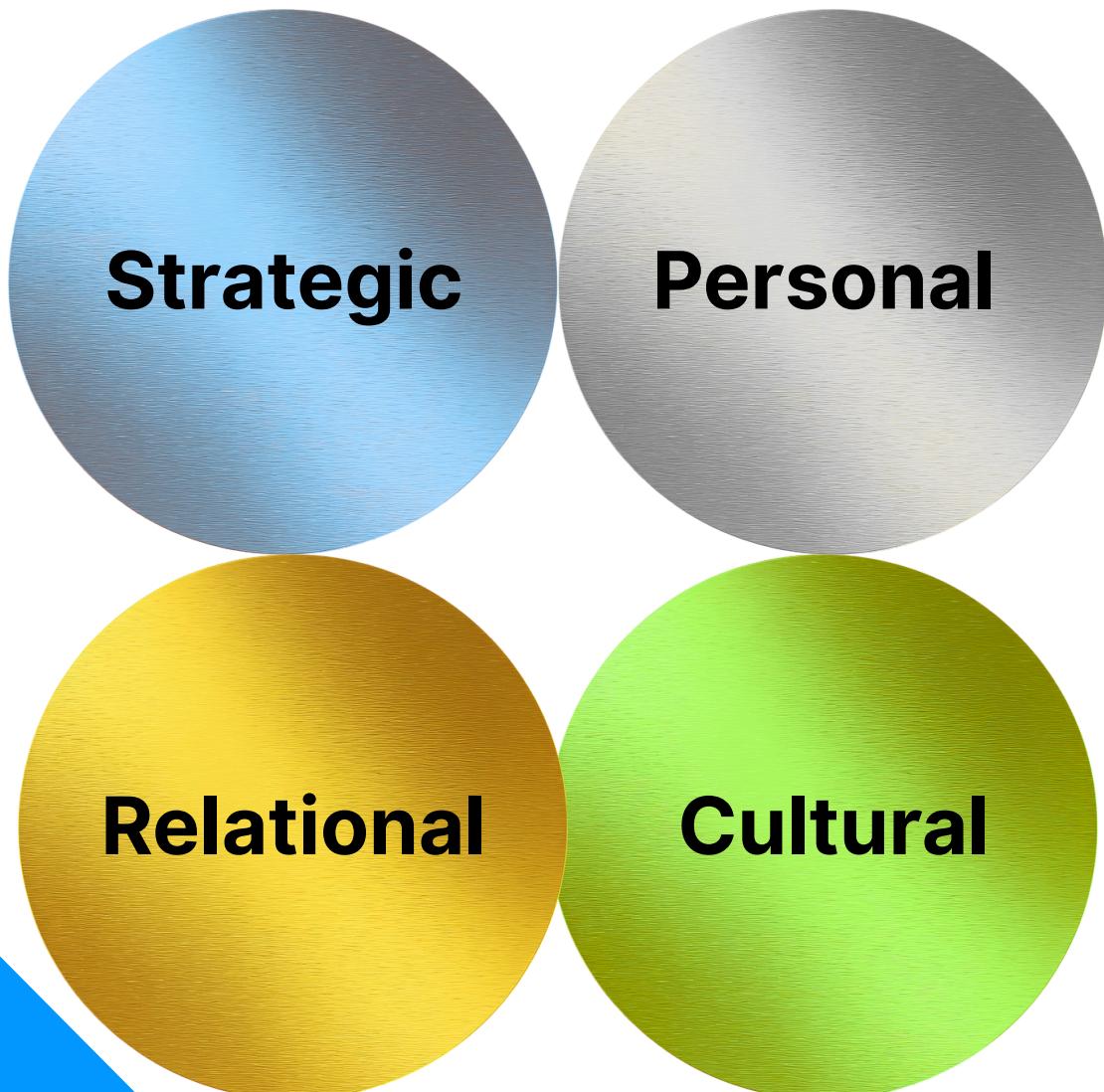
Capture what you've learned from your first 130 days - and how it shapes your next 130.



 **RobbinsNextGen**
Module 6. *Summary & Going Forward*

This workbook is your pause point. Use it to step back, connect the dots, and translate your first months of action into insight.

Each page explores a different reflection lens - complete them in one sitting or across several days.



Strategic

Strategic Lens: What worked, what didn't, and what I've learned about direction and decisions.



Prompts:

- **What's one decision you're proud of, and what made it effective?**
- **Describe one area where your strategy or focus needs adjustment.**
- **Explain what patterns or lessons are emerging about where to invest time or resources.**

Top 3 Insights from this lens

1

2

3

Prompts:

- **What's one personal habit that helped you lead effectively?**
- **Describe a challenge that tested your resilience. How did you respond?**
- **Explain what you've learned about your own energy, mindset, or triggers.**

Top 3 Insights from this lens

1

2

3

Prompts:

- **Describe where you built the strongest trust and why.**
- **Tell me about one relationship that surprised you - positively or negatively.**
- **Explain where you need to spend more time building alignment next quarter.**

Top 3 Insights from this lens

1

2

3

Cultural

Cultural Lens: What you've reinforced or reshaped.



Prompts:

- **Describe how your actions shaped team tone or culture.**
- **Tell me what behaviour or value you modeled intentionally.**
- **Explain what you'd like to continue reinforcing in the next phase.**

Top 3 Insights from this lens

1

2

3

Pulling It Together



- **If I could describe my first 130 days in three words, they would be.**
- **What will I intentionally carry forward?**
- **What will I consciously leave behind?**

My Leadership Statement for the Next 130 Days

In the next 130 days, I will lead by...

“We don’t learn from experience; we learn from reflecting on experience.” - John Dewey