

Worksheet F: Changelog

"To improve is to change"

Moving from point A (you right now) to point Z (your goal) requires a series of steps and changes. Logging what you change, how it goes, and what happens next is a really useful process - you'll learn a lot!

As a general rule - commit to a change for 2 WEEKS before completing the review

What are you going to change?	How did it go? What went well? What didn't?	Are you going to keep this change? Why?
#1		
#2		
#3		