Use the Dimensions of Success model to reflect on projects, events and experiences from your *VISTA year. Use this worksheet to help break down and record your responses.

**Name it:** What specific event, project or experience are you reflecting upon?


**Process**

What were the major parts in the planning, execution and follow up process?

What specific parts of the process worked? Why? How?

What could have been done differently? Why? How?

What specific skills did you learn, strengthen or demonstrate? How?

What lessons did you learn from the process?

**Relationship**

Who were the major people or groups involved or impacted by the project?

What relationships were cultivated, strengthened or tested? How?

What specific skills did you learn, strengthen or demonstrate? How?

What lessons did you learn from the relationships involved in this project?
Results

What were the major goals of the project?

Were the goals met? How?

What specific skills did you learn, strengthen or demonstrate? How?

What lessons did you learn from the results of this project?

Big Wins!

What were the successes from this project, event, or experience?
Use this space to list some of the “Big Wins!”

Individual Reflection

Use this space to record your own individual thoughts, comments and reflection.