

# Monthly Report Form (MRF)

Name \_\_\_\_\_

Date \_\_\_\_\_

Please complete the following as honestly and completely as possible, and email it to Lee and Britta by 6pm on Sunday, before each monthly Zoom Meeting.

1. What are you most grateful for regarding the ALFT this month? How have you been letting in the good, and what's that been like?

2. What was most challenging for you about the monthly homework and the required/recommended practices, and how did you work with the challenges?

3. What was most successful/rewarding about the monthly homework and the required/recommended practices, and how did you celebrate it? Did you let in the goodness of your accomplishments?

#### 4. **Your Buddy**

a. What were your takeaways from your connection with your buddy?

b. If you did not check in regularly with your buddy, what kept you from that, and how will you get back on track?

5. Regarding mentorship, what did you work on with your mentee, and what were your takeaways from that session as a coach/facilitator?

6. How have you been practicing facilitation this past month, and where has your growth edge been? Have you been using a practice group? What discoveries, insights, or challenges are you having? How do you see your Three Selves showed up in your facilitation this past month?

#### 7. **Your ALFT Project** (Answer ongoingly after ALFT II)

What is your vision for your ALFT project, and what practical steps have you taken to get it launched/completed?