



## Monthly Report Form (MRF)

Name \_\_\_\_\_ Date \_\_\_\_\_

Please complete the following as honestly and completely as possible and email it to Lee and Britta by 12pm PT on the Sunday before each monthly Zoom Meeting.

1. What are you most grateful for regarding the LDT this month?
2. What was most challenging for you regarding the ongoing LDT practices and this past month's particular assignment? How did you work with your own process as these challenges arose?
3. What was most successful/rewarding about the ongoing practices and this particular month's assignment? How did you celebrate it?
4. How did you and your buddy support each other this month? Which buddy protocols did you use? What buddy activities did you find particularly helpful that you might want to keep for the upcoming months?
5. What are your takeaways from participating in your buddy group this month? Did you facilitate your buddy group this month? If yes, what did you learn? If no, what did you learn from observing the person who facilitated the group?
6. What did you work on in your session with your LDT mentor this month? What are your takeaways from that session?
7. (After LDT Module 2) Was there an emotional charge that was present for you this month with someone within or outside of the LDT? Did you practice clearing that emotional charge? What did you learn?
8. What acts of service have you participated in this month? In what ways have you contributed to your family, your community, or the world? How have you shown up as a leader?