

After the Talk

Fill this in within an hour of finishing, while you still remember it honestly. Ten minutes now is worth more than an hour of thinking about it next week. You score this yourself. Nobody else sees it.

Date

The talk

Who was listening

How long it ran

NERVES JUST BEFORE I STARTED — CIRCLE ONE

1

2

3

4

5

6

7

8

9

10

Copy this number into your Confidence Journal. That is the one that builds the line.

The five checks

The Base Camp rubric. Score each one 1 to 5, where 1 is “not really” and 5 is “yes, properly”. Be fair rather than kind, and fair rather than harsh — both are useless later.

WHAT I AM SCORING	1	2	3	4	5
Clear shape: an opening, my points, and a close.	1	2	3	4	5
Steady pace, with pauses where I meant them.	1	2	3	4	5
Loud enough, eyes up, feet planted.	1	2	3	4	5
I used the phrases I learned.	1	2	3	4	5
I finished inside the time, all the way to the end.	1	2	3	4	5

WHAT WORKED

Fill this in first, and fill it in properly. At least two things.

WHAT I WOULD CHANGE

Only things you could actually do differently. “Be less nervous” is not one.

THE ONE THING FOR NEXT TIME

One. Not a list. Write it as something you will do, not something you will be: “pause after each point”, not “sound more confident”.

ONE PERSON I TRUST

Ask one person who heard it: **what is one thing you would change?** One question, one person. Write down what they said, even the part you disagree with.

Then put it away. Reading your own reflection sheet more than twice turns a useful record into an unhelpful habit. The next talk is the only thing that fixes the last one.

