**Circle Keeper’s Log**

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Case #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ My Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Values Practiced by a Circle Keeper:**

Respect

Equality

Empathy & Emotional literacy

Problem Solving

Responsibility

Self-Regulation

Self-Awareness

Shared Leadership

**Instructions:** Use either the Values list and/or the Skills/Areas list when thinking about what to give feedback about.

**Values:** List the values from the first round – use these to give each other feedback. How did you stay in alignment with those values? Think about how your words and actions were in or out of alignment with those values.

❐ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

❐ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

❐ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

❐ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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❐ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

❐ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Skills/Areas:**

❐ Using Values from 1st round as a guide throughout

❐ Giving Feedback

❐ Receiving Feedback

❐ Pre-Circle Prep

❐ Explaining the Circle Process

❐ Opening

❐ Building Rapport

❐ Being Present

❐ Non-judgmentalness

❐ Body Language

❐ Reflective Listening/Reflections

❐ Affirmations

❐ Keeping the rounds

❐ Open ended Questions

❐ Honoring Agency

❐ Conveying Empathy

❐ Staying Grounded

❐ Comfort with silence

❐ Comfort with intense emotion

❐ Pacing

❐ Building Multipartiality

❐ Practicing Mirroring

❐ Cooperation with Co-Keeper

❐ Logistics (scheduling, etc)

❐ Our own Biases

❐ Agreement writing

❐ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**FEEDBACK**

+ = strengths, skills I achieved this time, areas where I did well

Δ = deltas, skills to improve or work around, opportunities for change

Feedback for myself (use the back if you need more space)

+ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

+ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

+ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Δ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Δ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Δ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Feedback for my co-circle keeper

+ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

+ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

+ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Δ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Δ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Δ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_