

# 5-MIN SPEAK UP DEBRIEF RITUAL

*MAKE EVERY SPEAKING UP MOMENT  
MATTER*



## THE VIBE

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If you want to speak up more and in a better way, every time you try to speak up, you need to debrief.

When you debrief, you'll automatically make that speaking up moment worth it no matter what mistakes you made because you'll use it as a learning opportunity, so that you can avoid making the same speaking up mistakes that can make you come across in the wrong way.




Debriefing will help you gain more clarity through muddled emotions of the moment and communicate with more intention the next time.

- Increase your personal awareness
- The secret to making every speaking up moment worth it
- Sort out your muddled emotions for growth

Soon, you'll start to notice patterns with the kinds of situation and challenges you face, how you tend to think, and you'll have the opportunity to work on and perfect the solution for the issues that come up over and over again.

Later, you'll look back at your debrief journal and notice how far you've come!

**5-Minute Speak Up Debrief Ritual PROMPTS**

		
<b>SITUATION</b>	<b>MINDSET</b>	<b>LEARNINGS</b>
DATE	GOAL	TRIGGER
PERSON	FEARS	WELL
RESPONSE	EMOTIONS	OPPORTUNITIES

**DON'T FORGET TO CELEBRATE!**

## THE PROCESS

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The debrief process is simple.

But first, you must celebrate the courage to actually speak your mind unapologetically! Well done! Cheers to you.

Next, get clear on 3 key areas:

- Situation
- Mindset
- Learnings

In this journal, you'll answer 9 questions to get clear on those 3 areas.

Write your answers down, as it will force you to really think and consider what happened, plus you'll get to review your amazing progress in the future!

Here are the questions:

### **SITUATION**

- **DATE**
  - When did the conversation happen?
- **PERSON**
  - Whom did you speak (or didn't speak) with?
- **RESPONSE**
  - How did they respond to you speaking up (or not speaking up)?

### **MINDSET**

- **GOAL**
  - Why did you speak up (or plan to do so)? What was your general goal or motivation? What did you want to achieve?
- **FEARS**
  - What fears and beliefs did you have that made it difficult or scary? What did you expect to happen after you spoke up – worst case and best-case scenarios?
- **EMOTIONS**
  - What emotions did you experience beforehand, during, and after speaking your mind?

### **LEARNINGS**

- **TRIGGER**
  - What was the exact trigger or moment that convinced you to actually go for it despite any fears you had? Where did the courage come from? What was the hot button that made it worth it?

- **NAILED IT**
  - What you did you do well? What made you proud of yourself? Was it planned or unplanned?
- **OPPORTUNITY**
  - What could you have done differently? Why? How can you improve it next time? Is there anything you can do right now as a follow up conversation?

That's it!

Simple, practical, yet super powerful for your growth, confidence, and courage!



## THE JOURNAL

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Here are your journal entries.

## SITUATION 1

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**PERSON** Whom did you speak (or didn't speak) with?

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## MINDSET

**GOAL** Why did you speak up (or plan to do so)? What was your general goal or motivation? What did you want to achieve?

**FEARS** What fears and beliefs did you have that made it difficult or scary? What did you expect to happen after you spoke up – worst case and best-case scenarios?

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**ADDITIONAL NOTES**

## SITUATION 2

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**PERSON** Whom did you speak (or didn't speak) with?

**RESPONSE** How did they respond to you speaking up (or not speaking up)?

## MINDSET

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**ADDITIONAL NOTES**



**SITUATION 3 EMAIL ME WITH YOUR EXPERIENCE SO FAR (ivnacuri@assertiveway.com)! CONGRATS ON YOUR FIRST MILESTONE WITH 3 SITUATIONS JOURNALED!**

**DATE** When did the conversation happen?

**PERSON** Whom did you speak (or didn't speak) with?

**RESPONSE** How did they respond to you speaking up (or not speaking up)?

**MINDSET**

**GOAL** Why did you speak up (or plan to do so)? What was your general goal or motivation? What did you want to achieve?

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**RESPONSE** How did they respond to you speaking up (or not speaking up)?

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## MINDSET

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**ADDITIONAL NOTES**

**SITUATION 10 CONGRATS ON YOUR SECOND MILESTONE WITH 10 SITUATIONS JOURNALED! EMAIL ME WITH WHAT'S CHANGED FOR YOU & GET A PRIZE! (ivnacuri@assertiveway.com)**

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**PERSON** Whom did you speak (or didn't speak) with?

**RESPONSE** How did they respond to you speaking up (or not speaking up)?

## MINDSET

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**PERSON** Whom did you speak (or didn't speak) with?

**RESPONSE** How did they respond to you speaking up (or not speaking up)?

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**ADDITIONAL NOTES**

**SITUATION 20 CRUSHING IT! CONGRATS ON YOUR  
3<sup>RD</sup> MILESTONE WITH 20 SITUATIONS JOURNALED!  
EMAIL ME AND LET'S CHAT!  
(ivnacuri@assertiveway.com)**

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**OPPORTUNITY** What could you have done differently? Why? How can you improve it next time? Is there anything you can do right now as a follow up conversation?

**CONGRATULATIONS ON SPEAKING YOUR MIND OR AT LEAST TRYING AND ON REFLECTING ON YOUR EXPERIENCE AND GROWTH!**

**ADDITIONAL NOTES**



## SITUATION 23

**DATE** When did the conversation happen?

**PERSON** Whom did you speak (or didn't speak) with?

**RESPONSE** How did they respond to you speaking up (or not speaking up)?

## MINDSET

**GOAL** Why did you speak up (or plan to do so)? What was your general goal or motivation? What did you want to achieve?

**FEARS** What fears and beliefs did you have that made it difficult or scary? What did you expect to happen after you spoke up – worst case and best-case scenarios?

**EMOTIONS** What emotions did you experience beforehand, during, and after speaking your mind?

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**ADDITIONAL NOTES**

## SITUATION 24

**DATE** When did the conversation happen?

**PERSON** Whom did you speak (or didn't speak) with?

**RESPONSE** How did they respond to you speaking up (or not speaking up)?

## MINDSET

**GOAL** Why did you speak up (or plan to do so)? What was your general goal or motivation? What did you want to achieve?

**FEARS** What fears and beliefs did you have that made it difficult or scary? What did you expect to happen after you spoke up – worst case and best-case scenarios?

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**ADDITIONAL NOTES**

## SITUATION 25

**DATE** When did the conversation happen?

**PERSON** Whom did you speak (or didn't speak) with?

**RESPONSE** How did they respond to you speaking up (or not speaking up)?

## MINDSET

**GOAL** Why did you speak up (or plan to do so)? What was your general goal or motivation? What did you want to achieve?

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**DATE** When did the conversation happen?

**PERSON** Whom did you speak (or didn't speak) with?

**RESPONSE** How did they respond to you speaking up (or not speaking up)?

## MINDSET

**GOAL** Why did you speak up (or plan to do so)? What was your general goal or motivation? What did you want to achieve?

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**DATE** When did the conversation happen?

**PERSON** Whom did you speak (or didn't speak) with?

**RESPONSE** How did they respond to you speaking up (or not speaking up)?

## MINDSET

**GOAL** Why did you speak up (or plan to do so)? What was your general goal or motivation? What did you want to achieve?

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**PERSON** Whom did you speak (or didn't speak) with?

**RESPONSE** How did they respond to you speaking up (or not speaking up)?

## MINDSET

**GOAL** Why did you speak up (or plan to do so)? What was your general goal or motivation? What did you want to achieve?

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**PERSON** Whom did you speak (or didn't speak) with?

**RESPONSE** How did they respond to you speaking up (or not speaking up)?

## MINDSET

**GOAL** Why did you speak up (or plan to do so)? What was your general goal or motivation? What did you want to achieve?

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**ADDITIONAL NOTES**

**SITUATION 30 WOW, YOU'RE COMMITTED!**  
**CONGRATS ON 30 SITUATIONS JOURNALED! EMAIL**  
**ME CAUSE I WANT TO GIVE YOU A PRIZE**  
**(ivnacuri@assertiveway.com)**

**DATE** When did the conversation happen?

**PERSON** Whom did you speak (or didn't speak) with?

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## **MINDSET**

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**ADDITIONAL NOTES**



## SITUATIONN 31

**DATE** When did the conversation happen?

**PERSON** Whom did you speak (or didn't speak) with?

**RESPONSE** How did they respond to you speaking up (or not speaking up)?

## MINDSET

**GOAL** Why did you speak up (or plan to do so)? What was your general goal or motivation? What did you want to achieve?

**FEARS** What fears and beliefs did you have that made it difficult or scary? What did you expect to happen after you spoke up – worst case and best-case scenarios?

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**DATE** When did the conversation happen?

**PERSON** Whom did you speak (or didn't speak) with?

**RESPONSE** How did they respond to you speaking up (or not speaking up)?

## MINDSET

**GOAL** Why did you speak up (or plan to do so)? What was your general goal or motivation? What did you want to achieve?

**FEARS** What fears and beliefs did you have that made it difficult or scary? What did you expect to happen after you spoke up – worst case and best-case scenarios?

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**DATE** When did the conversation happen?

**PERSON** Whom did you speak (or didn't speak) with?

**RESPONSE** How did they respond to you speaking up (or not speaking up)?

## MINDSET

**GOAL** Why did you speak up (or plan to do so)? What was your general goal or motivation? What did you want to achieve?

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**DATE** When did the conversation happen?

**PERSON** Whom did you speak (or didn't speak) with?

**RESPONSE** How did they respond to you speaking up (or not speaking up)?

## MINDSET

**GOAL** Why did you speak up (or plan to do so)? What was your general goal or motivation? What did you want to achieve?

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**DATE** When did the conversation happen?

**PERSON** Whom did you speak (or didn't speak) with?

**RESPONSE** How did they respond to you speaking up (or not speaking up)?

## MINDSET

**GOAL** Why did you speak up (or plan to do so)? What was your general goal or motivation? What did you want to achieve?

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**DATE** When did the conversation happen?

**PERSON** Whom did you speak (or didn't speak) with?

**RESPONSE** How did they respond to you speaking up (or not speaking up)?

## MINDSET

**GOAL** Why did you speak up (or plan to do so)? What was your general goal or motivation? What did you want to achieve?

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**DATE** When did the conversation happen?

**PERSON** Whom did you speak (or didn't speak) with?

**RESPONSE** How did they respond to you speaking up (or not speaking up)?

## MINDSET

**GOAL** Why did you speak up (or plan to do so)? What was your general goal or motivation? What did you want to achieve?

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**ADDITIONAL NOTES**

## SITUATION 38

**DATE** When did the conversation happen?

**PERSON** Whom did you speak (or didn't speak) with?

**RESPONSE** How did they respond to you speaking up (or not speaking up)?

## MINDSET

**GOAL** Why did you speak up (or plan to do so)? What was your general goal or motivation? What did you want to achieve?

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**ADDITIONAL NOTES**



## SITUATION 39

**DATE** When did the conversation happen?

**PERSON** Whom did you speak (or didn't speak) with?

**RESPONSE** How did they respond to you speaking up (or not speaking up)?

## MINDSET

**GOAL** Why did you speak up (or plan to do so)? What was your general goal or motivation? What did you want to achieve?

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**ADDITIONAL NOTES**

**SITUATION 40 EMAIL ME WITH YOUR INCREDIBLE SUCCESS (ivnacuri@assertiveway.com)! CONGRATS ON 40 SITUATIONS JOURNALED!**

**DATE** When did the conversation happen?

**PERSON** Whom did you speak (or didn't speak) with?

**RESPONSE** How did they respond to you speaking up (or not speaking up)?

**MINDSET**

**GOAL** Why did you speak up (or plan to do so)? What was your general goal or motivation? What did you want to achieve?

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**ADDITIONAL NOTES**

## SITUATION 41

**DATE** When did the conversation happen?

**PERSON** Whom did you speak (or didn't speak) with?

**RESPONSE** How did they respond to you speaking up (or not speaking up)?

## MINDSET

**GOAL** Why did you speak up (or plan to do so)? What was your general goal or motivation? What did you want to achieve?

**FEARS** What fears and beliefs did you have that made it difficult or scary? What did you expect to happen after you spoke up – worst case and best-case scenarios?

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**ADDITIONAL NOTES**

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**DATE** When did the conversation happen?

**PERSON** Whom did you speak (or didn't speak) with?

**RESPONSE** How did they respond to you speaking up (or not speaking up)?

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**GOAL** Why did you speak up (or plan to do so)? What was your general goal or motivation? What did you want to achieve?

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**GOAL** Why did you speak up (or plan to do so)? What was your general goal or motivation? What did you want to achieve?

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**DATE** When did the conversation happen?

**PERSON** Whom did you speak (or didn't speak) with?

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**GOAL** Why did you speak up (or plan to do so)? What was your general goal or motivation? What did you want to achieve?

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**DATE** When did the conversation happen?

**PERSON** Whom did you speak (or didn't speak) with?

**RESPONSE** How did they respond to you speaking up (or not speaking up)?

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**GOAL** Why did you speak up (or plan to do so)? What was your general goal or motivation? What did you want to achieve?

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**ADDITIONAL NOTES**

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**DATE** When did the conversation happen?

**PERSON** Whom did you speak (or didn't speak) with?

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**GOAL** Why did you speak up (or plan to do so)? What was your general goal or motivation? What did you want to achieve?

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**ADDITIONAL NOTES**



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**DATE** When did the conversation happen?

**PERSON** Whom did you speak (or didn't speak) with?

**RESPONSE** How did they respond to you speaking up (or not speaking up)?

## MINDSET

**GOAL** Why did you speak up (or plan to do so)? What was your general goal or motivation? What did you want to achieve?

**FEARS** What fears and beliefs did you have that made it difficult or scary? What did you expect to happen after you spoke up – worst case and best-case scenarios?

**EMOTIONS** What emotions did you experience beforehand, during, and after speaking your mind?

## LEARNINGS

**TRIGGER** What was the exact trigger or moment that convinced you to actually go for it despite any fears you had? Where did the courage come from? What was the hot button that made it worth it?

**NAILED IT** What you did you do well? What made you proud of yourself? Was it planned or unplanned?

**OPPORTUNITY** What could you have done differently? Why? How can you improve it next time? Is there anything you can do right now as a follow up conversation?

**CONGRATULATIONS ON SPEAKING YOUR MIND OR AT LEAST TRYING AND ON REFLECTING ON YOUR EXPERIENCE AND GROWTH!**

**ADDITIONAL NOTES**

## SITUATION 48

**DATE** When did the conversation happen?

**PERSON** Whom did you speak (or didn't speak) with?

**RESPONSE** How did they respond to you speaking up (or not speaking up)?

## MINDSET

**GOAL** Why did you speak up (or plan to do so)? What was your general goal or motivation? What did you want to achieve?

**FEARS** What fears and beliefs did you have that made it difficult or scary? What did you expect to happen after you spoke up – worst case and best-case scenarios?

**EMOTIONS** What emotions did you experience beforehand, during, and after speaking your mind?

## LEARNINGS

**TRIGGER** What was the exact trigger or moment that convinced you to actually go for it despite any fears you had? Where did the courage come from? What was the hot button that made it worth it?

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**ADDITIONAL NOTES**

## SITUATION 49

**DATE** When did the conversation happen?

**PERSON** Whom did you speak (or didn't speak) with?

**RESPONSE** How did they respond to you speaking up (or not speaking up)?

## MINDSET

**GOAL** Why did you speak up (or plan to do so)? What was your general goal or motivation? What did you want to achieve?

**FEARS** What fears and beliefs did you have that made it difficult or scary? What did you expect to happen after you spoke up – worst case and best-case scenarios?

**EMOTIONS** What emotions did you experience beforehand, during, and after speaking your mind?

## LEARNINGS

**TRIGGER** What was the exact trigger or moment that convinced you to actually go for it despite any fears you had? Where did the courage come from? What was the hot button that made it worth it?

**NAILED IT** What you did you do well? What made you proud of yourself? Was it planned or unplanned?

**OPPORTUNITY** What could you have done differently? Why? How can you improve it next time? Is there anything you can do right now as a follow up conversation?

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**ADDITIONAL NOTES**

**SITUATION 50 EMAIL ME WITH YOUR INCREDIBLE SUCCESS (ivnacuri@assertiveway.com)! CONGRATS ON 50 SITUATIONS JOURNALED!**

**DATE** When did the conversation happen?

**PERSON** Whom did you speak (or didn't speak) with?

**RESPONSE** How did they respond to you speaking up (or not speaking up)?

**MINDSET**

**GOAL** Why did you speak up (or plan to do so)? What was your general goal or motivation? What did you want to achieve?

**FEARS** What fears and beliefs did you have that made it difficult or scary? What did you expect to happen after you spoke up – worst case and best-case scenarios?

**EMOTIONS** What emotions did you experience beforehand, during, and after speaking your mind?

## LEARNINGS

**TRIGGER** What was the exact trigger or moment that convinced you to actually go for it despite any fears you had? Where did the courage come from? What was the hot button that made it worth it?

**NAILED IT** What you did you do well? What made you proud of yourself? Was it planned or unplanned?

**OPPORTUNITY** What could you have done differently? Why? How can you improve it next time? Is there anything you can do right now as a follow up conversation?

**CONGRATULATIONS ON SPEAKING YOUR MIND OR AT LEAST TRYING AND ON REFLECTING ON YOUR EXPERIENCE AND GROWTH!**

**ADDITIONAL NOTES**