

Episode 7: Feedback Is Not Failure

Confidence · Formative assessment · feedback loops

By the end, you will stop hearing feedback as a verdict on you, and start using it as the fastest information you can get.

THE MOVE • The Feedback Filter

Run any piece of feedback through these three questions. If it does not produce a next step, it is not finished feedback yet.

- 1 Where am I trying to go? Name the goal or the standard.
- 2 Where am I now, honestly? Find the gap without flinching.
- 3 What is the one next step that closes the gap?
- 4 Remember: the work has a gap, you do not have a flaw. Keep the two separate.

USE AI AS A THINKING PARTNER • copy this prompt

Here is my work on [TASK]:
[PASTE YOUR WORK].

Here is the goal or rubric I'm aiming for:
[PASTE THE STANDARD].

Don't rewrite it for me. Point to the single most important gap between my work and the goal, explain why it matters, and suggest one specific change I can make myself.

YOUR CHECKLIST THIS WEEK

- Name the standard you are actually aiming for.
- Ask for feedback on one specific thing, not everything.
- Separate the work from your worth before you read it.
- Turn the feedback into one concrete next step.
- Make that change before you ask for more feedback.

ONE SMALL BEHAVIOUR

Ask one person, or one tool, for feedback on one specific thing this week. Then make the single change it points to, and notice it did not cost you anything to hear it.