MY MIDLIFE STORY / WORKPLACE CHECK-IN

Review a work arrangement

Use this after trying a change at work.

Keep this copy for yourself. Share only the work details you choose.
Write one example from the trial and take one next step to the follow-up conversation.

What did you agree to try?

Name the work change, when it began and when you planned to review it.

What happened in practice?

Note a task, when it happened and what you could observe.

What still gets in the way?

Describe one practical obstacle. Leave private health details off shared copies.

What would you like to discuss?

Circle: keep / change / end / undecided. Write a next action, owner and review date.

Example

Trial: share the rota one day earlier. It arrived early twice; Friday remained uncertain.
Next step: ask the rota lead about Friday coverage and agree when to check back.

Honest Little Apps
My Midlife Story can organize personal observations and questions.
My Midlife Story on the App Store