# Class-Based Training Learning Log

**SESSION NUMBER:**

| Subject: | Before the session I ... | |
|---|---|---|
| | I have learned ... | |
| | What matters ... | |
| | How I feel now ... | |
| | Actions to take ... | |

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## MODULE REVIEW: FINDING WHAT MATTERS TO YOU

REFLECTING ON MODULE __

Think back over our sessions together in this module.
What stands out? What are your key take aways? Use this space to record your reflections.