

# WHAT YOU LEARNED FROM YOUR PRACTICE



## Week 2 – About my mornings.....

How I felt \_\_\_\_\_  
\_\_\_\_\_

What worked well \_\_\_\_\_  
\_\_\_\_\_

What didn't work for me \_\_\_\_\_  
\_\_\_\_\_

What I will change/tweak this week \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

ACTION: Revise your morning routine/notes

## Week 3 – About my mornings.....

How I felt \_\_\_\_\_  
\_\_\_\_\_

What worked well \_\_\_\_\_  
\_\_\_\_\_

What didn't work for me \_\_\_\_\_  
\_\_\_\_\_

What I will change/tweak this week \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

ACTION: Revise your morning routine/notes



“I never lose. I either win or I learn.” ~Nelson Mandela