

Day 12 - Learning

What goals do you have about learning? How can you take what you want to do, state your negative reactions and then turn them into actions.

Sample questions:

I want learn a new skill
I want add an accreditation
I want to be able to offer a service by learning

Turn the can't into going to:

I am confident in my ability help others by learning this skill
I will research the best places for accreditation and see what works best for me

*Write your usual learning goals
Then write whatever is holding you back*

I am going to

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM



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I am going to take action by learning:

