

Session Reflection

It's a valuable skill to record your thoughts and ideas on a subject straight away. Often you record something that is really helpful later on, that doesn't seem important in the moment.

Use the following questions to record your thoughts. This can be straight into this sheet or in your journal or online notebook.

I enjoyed...

I didn't enjoy...

I found... easy

I found... hard

I learned...

Because of this session I'm going to...