

WORKSHEET 5

Checklist

You can use this checklist to monitor your growth and lifelong learning process. It is an example that can be adapted to your needs and schedule: you can use it after courses or events or after events that you moderate for your group. Either way, you can reflect on yourself in relation to the event.

Event and date:	
Successes	<i>What went well? What am I satisfied with?</i>
Challenges	<i>What didn't work? What do I want to improve?</i>
Insights	<i>Thoughts, findings...</i>
For the future	
Priorities in my personal development	
My learning and growth goals	