

Welcome!



Making your day

Bad day



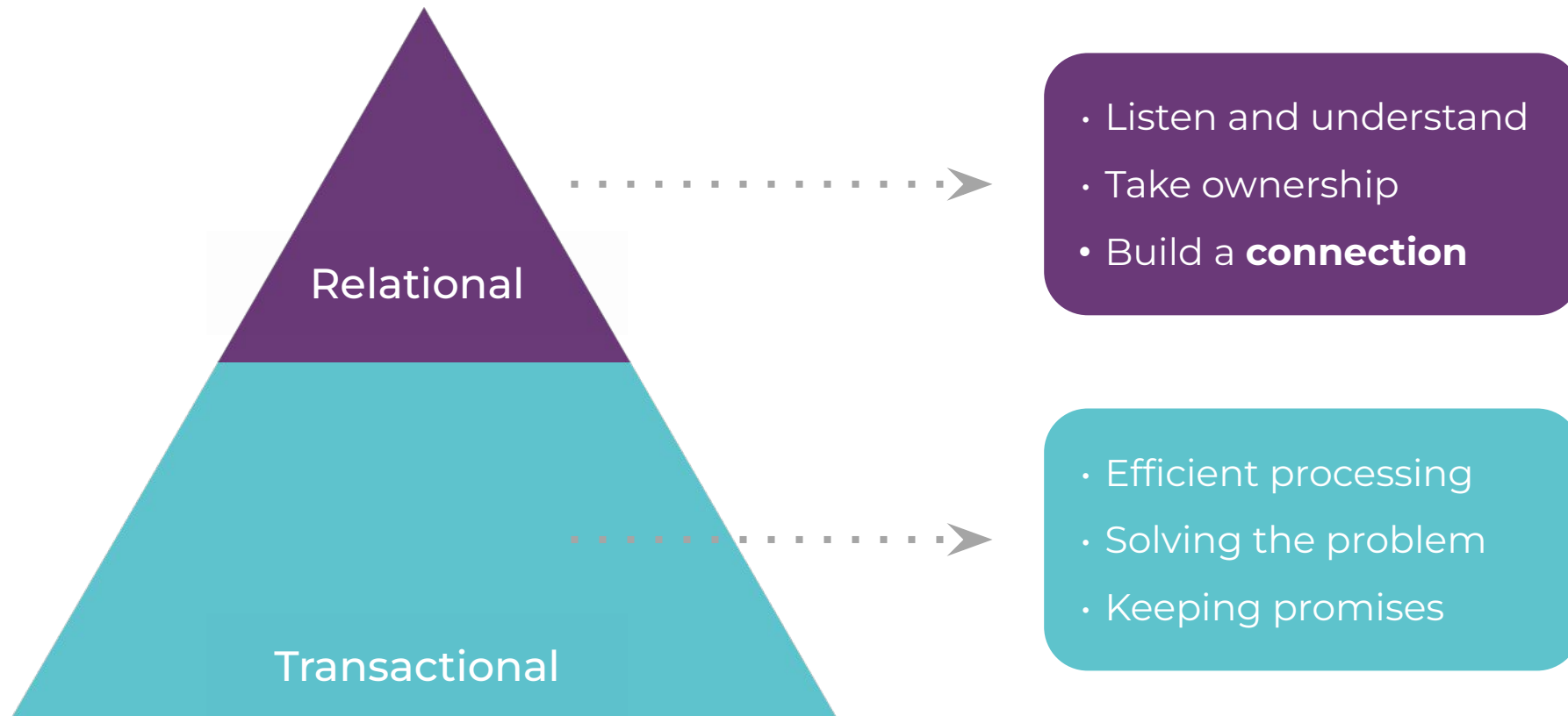
What happened?
How did you feel?
Why?

Good day



Context 

Beyond the basics



My situation

Research shows that putting our goals into writing is a surefire way to commit to them.

- What did you learn that was useful?
- What will you do tomorrow to apply what you've learned?
- What challenges might you face when applying your learning?
- How will you overcome them?

