

Where to from here?

Congratulations! This is the very last bit of home play for you to complete. Now that you have reflected on how far you've come, and your key learnings and takeaways, it's time to think about how you can implement what you've learned in future.

Compared to when you started the course, how excited are you for your future? What's changed?

How are you going to ensure that the tools you've learned to get you through this tough time you will continue to use when future stresses arise?

It's inevitable that you'll face more stressful situations over your lifetime. When that happens, what will you plan to do as a result of learning the tools in this course?

What would you say are your top three favourite tools learned in this course and how will you use them?

Are there any tools that you can use on a daily basis?

Are there any tools that you'll use weekly?

Is there anything else you'd like to add?

****Notes page****