

Key learnings and takeaways

Nearly there! Now it's time to reflect on what your key learnings and takeaways were from each module.

What were your key learnings and takeaways from Module One - Prepare (your needs, EFT and wheel of life exercise)?

What were your key learnings and takeaways from Module Two - Clarify (reflection - how did you end up here, triggers and warning signs, goal setting and daily tracker)?

What were your key learnings and takeaways from Module Three - Strengthen (state change, emotional scale, assessing your coping skills and resilience toolkit)?

What were your key learnings and takeaways from Module Four - Clarity (beliefs, communication and sabotage)?

What were your key learnings and takeaways from Module Five - Energy (decluttering, forgiveness, priorities and values)?

What were your key learnings and takeaways from the course overall?

Is there anything else you'd like to add?

****Notes page****