

You've nearly completed the course!

You've done a huge amount of personal development, reflection and soul-searching in the time you've been doing this course. Now it's time to reflect on how far you've come – acknowledge your efforts and congratulate yourself for your achievements.

Reflect on your journey over the time you've taken to complete this course. How far have you come?

In which ways has your life changed as a result of doing this course?

Out of the tools you've learned, which have had the greatest impact? Why?

What have been the most noticeable benefits?

How has your thinking changed?

How has your behaviour changed?

How have your relationships changed?

Would you recommend this course to others?

Do you have any other feedback about this course that you'd like to share, about the course or about the difference it's made to your life?

****Notes page****