

## LEARNING TRACKER

"It is what you do with the learning afterwards that creates a lasting effect."

Jean Marie DiGiovanna

## LEARNING THAT LASTS

What was the biggest lesson I learned from this experience?

Where can I most apply this lesson?

If I apply this lesson, what would shift as a result?

What is one action I am willing to take on to apply this lesson?

How can I keep this action alive on a consistent basis?