

SHARING INSIGHT

PERSONAL LOGBOOK

NAME:.....



PREPARED BY
SHARING INSIGHT

On Learning

How do I learn?

We all learn from our own experiences. From success. From failure. From trying out new things until we - gradually - come to master them.

We also learn from each other. From other people's stories and advice. From other people's feedback and opinions.

Above all, we learn from observing others and from reflecting on our own pattern of behaviors, preferences and drivers.

This Logbook provides an opportunity for learning. Use it as you see fit to:

- Observe
- Reflect
- Plan for action

Regular use of this logbook during this event will be a valuable way of capturing feelings, thoughts and insights in "real time" and will contribute to the development of your own "leadership for life".

Feel free to record whatever you want. You decide whether to share it with someone or not.

*"Watch your thoughts, for they become words.
Watch your words, for they become actions.
Watch your actions, for they become habits.
Watch your habits, for they become character.
Watch your character, for it becomes your destiny."*
(Unknown)

Looking Back

The past holds the key to how we experience the present and plan for the future.

Three key learnings in life:

Situation 1.....

Learnings:.....

Situation 2.....

Learnings:.....

Situation 3.....

Learnings:.....

Looking Back

Top three persons who influenced who I am and where I am in life:

Person 1.....
Gave me:

Person 2.....
Gave me:

Person 3.....
Gave me:

Things I said to myself I'd always do as a manager

1.....
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2.....
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Things I said to myself I'd never do as a manager

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2.....
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Motto(s) I believe in and live by:

Observing The Now

Date:

Context/Situation:

What made an impression on me today?

How do I see myself putting it to use?

I'm curious to know/learn more about:

Planning for the Future

Writing down our planned actions increases the likelihood for implementation.

I'll start/try this:

Because:

I'll stop this:

Because:

I'll change this:

Because:

I'll do more of this:

Because:

Observing The Now

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