**Personal Notes & Insight Learning Log** 

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| **Day** | **What did I do and what happened?**  *Relate to specific exercises that you learnt during Insight* | **What did not work out as I expected/went better than I expected and what did I learn?** | **How will I adapt my approach to future work/learning?** |
| **1** |  |  |  |
| **1** |  |  |  |
| **2** |  |  |  |
| **2** |  |  |  |
| **3** |  |  |  |
| **3** |  |  |  |
| **1,2 & 3** |  |  |  |
| **1,2 & 3** |  |  |  |