

Write down what your first action will be...



I've been on a Training Course, what should I do now?
Take your Knowledge & Learning to the next Level and Further...



Using your new skills and abilities

Here are some simple actions you can take to make your new learning into knowledge you can use for life



Within 24 Hours teach a concept you've learned to someone close to you or share with a group.

"One is not born a genius, one becomes a genius" - Simone de Beauvoir

• **Within 1 week** spend 10 minutes writing and drawing down all you can remember...

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday



or type into your phone



Monthly Reviews

After 1 month

Review your training notes & materials.

After 2 months

Spend 10 minutes again.

After 3 months

Review what you can remember.

What you have applied?

What results you got?

Where are your skills/knowledge gaps that you can fill in next?





“From a little spark may burst a flame” - Dante Alighieri