

Try Not to Stop: Goals

Name: Date

The three main things that I want to achieve during my practise as I try to keep the car moving by forward planning:

1.

2.

3

Now consider the evidence that will tell you that you have achieved your goals. What will be different, what will you see, hear and feel differently?

I will know when I have achieved the three goals above when:

1.

2.

3.

Try Not to Stop: Reflection

Name: Date

Use this sheet to write your reflective notes about your experience when trying to keep the car moving by planning your drive well ahead.

Your completed notes form part of the coursework required for assessment. Please contact Training Support for details of how to submit your work.

- What have you learned?
- What have you learned about yourself?
- What do you need to improve?
- Where/how will you use the learning?

But you are not limited to these points and are encouraged to write anything that is relevant for you.