

Activity 5. Monitor your improvement

You have decided on an area of improvement. Now take positive steps to make the improvement. Tell the story of your improvement over the next month. Treat the note taking as a diary. Spend about half an hour a week on your diary or five minutes a day, whatever works for you.. You might just make a quick note on days where little happens in your area of improvement. On the days when you do make considerable change, be careful to record those changes in more detail.

Story of you improving your learning: Week One		
Date	Where you made the change? E.g. in class, at home, with friends, at the mall	What happened
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Story of you improving your learning: Week Two

Date	Where you made the change? E.g. in class, at home, with friends, at the mall	What happened
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
\ Saturday		
Sunday		

Story of you improving your learning: Week Three

Date	Where you made the change? E.g. in class, at home, with friends, at the mall	What happened
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Story of you improving your learning: Week Four

Date	Where you made the change? E.g. in class, at home, with friends, at the mall	What happened
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

