

I WANT TO START

How often?

- Daily
- Weekly
- Twice a week
- Monthly
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Where?

- At home
- On the road
- On the job

When?

- Morning
- Midday
- At night

The following supporters come to mind:

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I want to receive notifications when it's time to get back at it. / When it's time to get back at it I want to receive notifications:

- Daily
- Twice a week
- Once a week
- Once every two weeks
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(Tip: Write it in your agenda.)

I'm going to share my goal with:

- My unitmanager
- Colleagues
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This will help me remember putting my learning objective 'top of mind' :

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Other promises to myself:

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