

Reflective Log

Name:	[PDI Name]	Trainer [Name]	
Date:	[Date]	[Location]	Time: [Start Time] – [End Time]
Goals:	<p>What were your goals for today's training session?</p>		
What Went Well:			
<p>What do you feel you have achieved today?</p>			
<p>Which aspect of your performance are you most proud of?</p>			
<p>When did you feel calm and in control?</p>			

What I Need to Work On / Could Do Differently:

Which parts of today's goals do you still need to work on?

When did you need the most help?

When did you feel stressed or anxious?

Next Lesson:

What are your goals for your next training session?

What would help you to achieve your goals next time?

What can you do before the next session to help you to prepare?

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My Action Plan

SMART Goal 1: *Set your own Specific, Measurable, Achievable, Relevant, Time-bound goal*

Actions I will take to achieve this:

Be as specific as possible, and list different actions separately:

- *Action 1*
- *Action 2*
- *Action 3*
- *Etc*

SMART Goal 2: *Set your own Specific, Measurable, Achievable, Relevant, Time-bound goal*

Actions I will take to achieve this:

SMART Goal 3:

Actions I will take to achieve this: