**Learning Log and Action Plan**

This log will help you to capture and reflect on your learning, and to record any actions you may wish to take before the business of everyday life takes over.

[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&frm=1&source=images&cd=&cad=rja&uact=8&docid=wb4CeZ42RNsYKM&tbnid=b2xaDozHphEetM:&ved=0CAUQjRw&url=http://www.warriormindcoach.com/coaching-services/personal-coaching/personal-development/&ei=h4LfU-_nJMKv7Ab-jYDACQ&bvm=bv.72197243,d.ZGU&psig=AFQjCNGEt3wNBwuGtke10Wm8SgGPI3-KXw&ust=1407243132593348)You may wish to use this document in supervision or as part of your record of continual professional development.

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| **Title of Learning Activity: Date:** |
| Key areas of learning for me on this training were:  1.  2.  3. |
| One thing that I will take away from the training that I will do differently, will make a positive difference to service users is: |
| Other improvements that I want to make to my work:  1.  2.  3.  By when? |
| Areas I wish to explore further are: |