**My Learning Template**

Complete the My Learning Template by thinking about what you have done that pushed yourself outside of your normal comfort zone; who you connected with and worked with while doing that; and what you learnt from the experience.

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| What I did outside my comfort zone | Who I connected with | What I learnt |
| 1. |  |  |
| 2. |  |  |
| 3. |  |  |
| 4. |  |  |
| 5. |  |  |