



**PEP SHEET**  
Keep on learning

Take a moment to reflect on your own learning

When did I last learn something new?

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What did I always want to learn? What do I really enjoy? What do I do really well? What can I perfect even more? What would take me out of my comfort zone?

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What new things do I want to learn in the next month, 100-days or year?

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And HOW can I learn these new things? How do I learn? (challenges, asking, reading, practicing, adding, apps, courses, programs, physical, mental)

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**Other reflections:**

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