





My top 5 accomplishments during these past 10 sessions:

1.

---

2.

---

4.

---

5.

---

New skills I've learnt or practised:

---

---

---

---

---

---

---

---

My humanity on the journey:

---

---

---

---

---

---

---

---



My motivation along the way:

---

---

---

---

---

---

---