

Questions for your Personal Journal

Lesson 1:

- What are my course objectives on a personal level and as a future MGA?
- Where do I need to build/adapt my perspective and/or behaviour?
- Where do I need support, who can help me?
- What is my main takeaway from this day?

Lesson 2:

- What do I remember about thinking/cognitive skills?
- What skills would be most helpful to me as an agent for change?
- What is my main takeaway from this day?

Lesson 3:

- How are my feelings now in the middle of the week?
- What do I need to improve or focus on more?
- What was the most challenging for me today?
- What is my main takeaway from this day?

Lesson 4:

- What do I know about the BRAVING concept and model of trust?
- What have I learnt, and what is still unclear to me?
- What is my main takeaway from this day?

Lesson 5:

- What are the things I love doing?
- What are the things I am great at?
- What is most important to me?
- What is my main takeaway from this day (and an additional one for the whole week)?

Lesson 6:

- How am I starting the second week of the training?
- How was my experience during the meeting with the NGOs?
- What would I do differently?
- What is my main takeaway from this day?

Lesson 7:

- Which type of Strategist am I?
- Which skills do I want to build on and for what purpose?
- Where can I find support?
- How can I develop more agency as a military peacekeeper?
- What is my main takeaway from this day?

Lesson 8:

- How satisfied am I with the presentation?
- What would I do differently next time?
- What is my main takeaway from this day?

Lesson 9:

- What is my level of courage, creativity, optimism, and perseverance to implement my strategy?
- What is my main takeaway from this day?

Lesson 10:

- What have I learned regarding the group's IDG during the training?
- What are my main observations during the training regarding the IDGs?
- How will these IDGs help me in my future MGA work?
- Which tools I would like (need) to use to improve my skills toward _____ IDG?
- What is the one skill I think I could still improve to be more efficient as a MGA?