


Lessons Learned Journal



A 30-Day Guided Journal



Daily Entry

Created with LoomJournals



How to Use This Journal

Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

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- Recall a specific situation — a decision, mistake, or surprising outcome — and describe it factually
 - Record the actual outcome: what happened, whether it matched your expectations, and how it affected you
 - Distil the core lesson: the single most important insight you are taking away from this experience
 - Reflect on what you would do differently — be specific about the one change that would have mattered most
 - Commit to concrete action steps so the lesson becomes a lasting shift in behaviour, not just a thought



Scan for a detailed guide on how to use this journal

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Situation *(briefly describe the situation, decision, or event that led to this lesson)*

Outcome *(what actually happened as a result?)*

Lesson learned today *(what would you do differently next time?)*

Would do differently *(with hindsight, what would you change?)*

Action steps *(concrete steps you can take today toward your goal)*

Today's reflection *(what went well? what could be better?)*

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