

"WHAT I HAVE LEARNED" FORM

Name: _____

Date: _____

During each session, and across each week of the MAC training program, you are likely to learn a variety of new things about yourself and human performance. After you leave each week's session, I'd like you to complete this form as soon as possible. The purpose of this is to ensure that you are learning and remembering the important concepts from each of our sessions together. This allows me to make sure that you are developing all the necessary performance enhancement skills included in the MAC program.

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(From Gardner & Moore, 2007)



THE ACTOR'S DOJO