

# Lessons Learned Log

A running record of what you learn from every meeting, hearing, win, and loss

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The advocates who improve fastest are the ones who reflect systematically. This log is your professional development record. Use it after every significant advocacy activity.

## LOG ENTRY FORMAT — Use one section per experience

### ENTRY 1

<b>Date &amp; Activity Type</b> _____	<b>What Happened</b> _____ _____
<b>What Went Well</b> _____ _____	<b>What I'd Do Differently</b> _____ _____
<b>What I Learned</b> _____ _____	<b>How I'll Apply This</b> _____ _____

### ENTRY 2

<b>Date &amp; Activity Type</b> _____	<b>What Happened</b> _____ _____
<b>What Went Well</b> _____ _____	<b>What I'd Do Differently</b> _____ _____
<b>What I Learned</b> _____ _____	<b>How I'll Apply This</b> _____ _____

### ENTRY 3

<b>Date &amp; Activity Type</b> _____	<b>What Happened</b> _____ _____
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<b>What Went Well</b> _____ _____	<b>What I'd Do Differently</b> _____ _____
<b>What I Learned</b> _____ _____	<b>How I'll Apply This</b> _____ _____