

Personal Development conversations

Your name

Any year

01 **An idea that fits my own situation**

02 **A small experiment I could try**

03 **A claim I want to check carefully**

04 **What would count as useful progress?**

Personal Development book review

Your name

Any year

Book title

Author

Date finished

An idea that fits my own situation

A small experiment I could try

What would count as useful progress?

Personal Development reading reflections

Your name

Any year

01 **An idea that fits my own situation**

02 **A small experiment I could try**

03 **A claim I want to check carefully**

04 **What would count as useful progress?**

Personal Development book-club notes

Your name

Any year

Book title

Author

Meeting date and place

An idea that fits my own situation

A small experiment I could try

What would count as useful progress?