



## What I Have Learned About Performance and Myself

Initials \_\_\_\_\_ 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 would 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.

A series of horizontal lines for writing, starting with a decorative blue and red double line, followed by 21 standard black lines.