**Reflection Journal Exercise**

**(to be completed after each module)**

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| **Module Name: [TITLE]**  |
| What are the highlights of what you learned during this module? |
| From the class material |  |
| From class exercises |  |
| From your reading |  |
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| Why are these highlights significant? |
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| How will you apply what you have learned to your own CPD practice? |
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| What challenges or obstacles do you anticipate if any? |
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| What could you do to mitigate these challenges |
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| What questions do you still need answered? |
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