

## What Have I Learned?

My 2015 Learnings			
Experience	When	Feelings	Key Learnings
Switching jobs	April	I was nervous, frustrated, sad, excited and hopeful as I was able to find a job that better fit with my passions.	<ol style="list-style-type: none"> <li>1. Be patient</li> <li>2. Talk with others when feeling down</li> <li>3. Keep moving forward</li> </ol>
Experience #2			
Experience #3			
Experience #4			

My 2016 Goals			
Goal	Why	How	When
Learn to be more patient	Patience truly brings a sense of peace which can help me make better decisions in times of stress.	Be more conscious and aware of myself when my patience might be slipping. Ask others to help remind me about my focus on being more patient.	This is a continuous goal but would like to see a real improvement by June 1, 2016.
Goal #2			
Goal #3			