

Designing Your Future™ Seminars

Print this form and fill out the first two questions before you attend a seminar. Use question 3 to help you gather insights and ideas during the session and question 4 to set intentions/actions for yourself for the next month. If there isn't enough space, you can just use the questions as a reference and write in your own DYF notebook or folder.

DYF Session Number and Title _____

Date _____

1 How have things been in the past month? What has gone well? What didn't work so well?

2 What would I like to get out of this Seminar? *(Setting an intention will make you more focused and you will notice more of relevance to your goal)*

3 Record learning/ insights/ ideas/ thoughts during the Seminar

4 How will I use what I have learned or thought of this evening to move forward in my work and life?

Actions: