



LIFE COACHING

CERTIFICATION
PROGRAMME

*Course Journal &
Reflection Log*

Created By Kain Ramsay

COURSE JOURNAL & REFLECTION LOG

Use this course journal & reflection log to keep track of any key learnings and "Aha!" moments that you have as you work your way through each lecture:

Lecture 1 Notes:

Lecture 2 Notes:

Lecture 3 Notes:

Lecture 4 Notes

COURSE JOURNAL & REFLECTION LOG

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Lecture 5 Notes:

Lecture 6 Notes:

Lecture 7 Notes:

Lecture 8 Notes

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Lecture 9 Notes:

Lecture 10 Notes:

Lecture 11 Notes:

Lecture 12 Notes

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Lecture 13 Notes:

Lecture 14 Notes:

Lecture 15 Notes:

Lecture 16 Notes

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Lecture 17 Notes:

Lecture 18 Notes:

Lecture 19 Notes:

Lecture 20 Notes

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Lecture 21 Notes:

Lecture 22 Notes:

Lecture 23 Notes:

Lecture 24 Notes

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Lecture 25 Notes:

Lecture 26 Notes:

Lecture 27 Notes:

Lecture 28 Notes

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Lecture 29 Notes:

Lecture 30 Notes:

Lecture 31 Notes:

Lecture 32 Notes

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Lecture 33 Notes:

Lecture 34 Notes:

Lecture 35 Notes:

Lecture 36 Notes

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Lecture 38 Notes:

Lecture 39 Notes:

Lecture 40 Notes

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Lecture 41 Notes:

Lecture 42 Notes:

Lecture 43 Notes:

Lecture 44 Notes

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Lecture 46 Notes:

Lecture 47 Notes:

Lecture 48 Notes

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Lecture 49 Notes:

Lecture 50 Notes:

Lecture 51 Notes:

Lecture 52 Notes

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Lecture 53 Notes:

Lecture 54 Notes:

Lecture 55 Notes:

Lecture 56 Notes

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Lecture 59 Notes:

Lecture 60 Notes

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Lecture 63 Notes:

Lecture 64 Notes

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Lecture 67 Notes:

Lecture 68 Notes

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Lecture 70 Notes:

Lecture 71 Notes:

Lecture 72 Notes

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Lecture 75 Notes:

Lecture 76 Notes

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Lecture 78 Notes:

Lecture 79 Notes:

Lecture 80 Notes

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Lecture 83 Notes:

Lecture 84 Notes

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Lecture 86 Notes:

Lecture 87 Notes:

Lecture 88 Notes

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Lecture 91 Notes:

Lecture 92 Notes

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Lecture 95 Notes:

Lecture 96 Notes

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Lecture 98 Notes:

Lecture 99 Notes:

Lecture 100 Notes

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Lecture 102 Notes:

Lecture 103 Notes:

Lecture 104 Notes

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Lecture 106 Notes:

Lecture 107 Notes:

Lecture 108 Notes

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Other Notes: