





Continual Learning Journey Map

Purpose: Help learners discover new knowledge and experiences by identifying interest, acknowledge receipt of knowledge, and determine application to one's well-being.

Materials Needed:

- Wall space or Digital tool
- Large piece of paper
- Markers
- Sticky Notes (3x3 or 3x5)

Continual Learning Journey Map

Learner / Team Name:				
Course / Learning Experience:				
Date & Time	What do I want to learn today? (Purpose & ownership) <i>[Include 1 or more]</i>	What did I learn? (Receiving & awareness) <i>[Include 1 or more]</i>	What are the outcomes? (Journey results) <i>[Include 1 or more]</i>	How will the new knowledge change my life? (Wisdom) <i>[Include 1 or more]</i>
	Place Sticky Notes Here 	Place Sticky Notes Here 	Place Sticky Notes Here 	Place Sticky Notes Here 

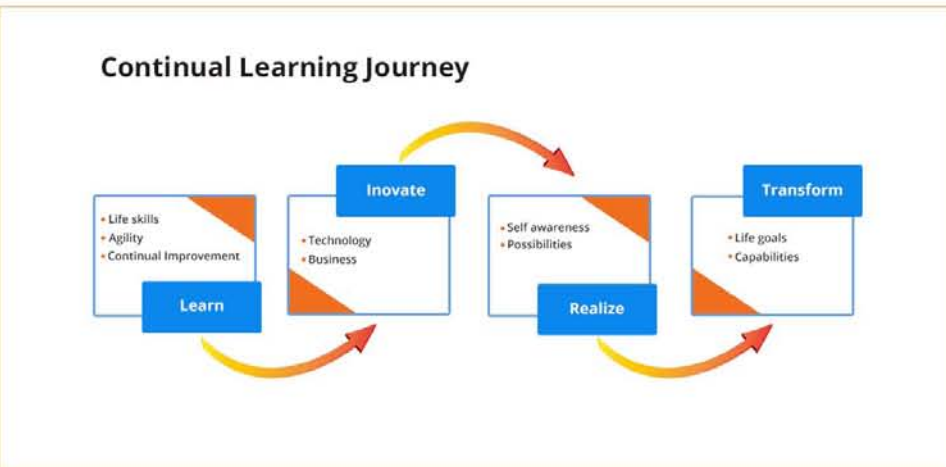
Learning Behaviors

Learning behaviors (LB) will amplify the new knowledge as the experience include:

1) studying, 2) sensing, 3) wanting, and 4) asking.

Take the opportunity to enrich your life by studying environments and people, sensing feelings, wanting to pursue freedom, and asking with empathy.

Studying (Observe without judgment)	Sensing (Identify feelings)	Wanting (Expressing wants and needs)	Asking (Request to enrich your life)
How to: Sense what is seen, heard, or touched: affecting your well-being	How to: Strong and passionate: I feel encouraged and energetic	How to: Autonomy to choose one's dreams, goals, and values	How to: Request with empathy; At times I feel I am a burden, can you help me with this problem.



- Step 1:** Follow the "Continual Learning Journey Map" format. Draw the columns and rows, then write the labels on the large piece of paper.
- Step 2:** Write team or your name on the paper.
- Step 3:** Write the Course or learning experience name on the paper.
- Step 4:** Set a timer for 15 minutes less than the course or learning event duration time.
- Step 5:** Write the date and time in the "Date & Time" column.
- Step 6:** Write what you want to learn today on a sticky note and place the sticky note in the "What do I want to learn today?" column. Triggered by personal needs.
- Step 7:** When the timer ends, write the things learned on a sticky note and place the sticky note in the "What did I learn?" column.
- Step 8:** Write the outcome of the learning on a separate sticky note and place the sticky note in the "What are the Outcomes?" column.
- Step 9:** Write the effect on your life on a separate sticky note and place the sticky note in the "How will the new knowledge change my life?" column.
- Step 10:** The End.