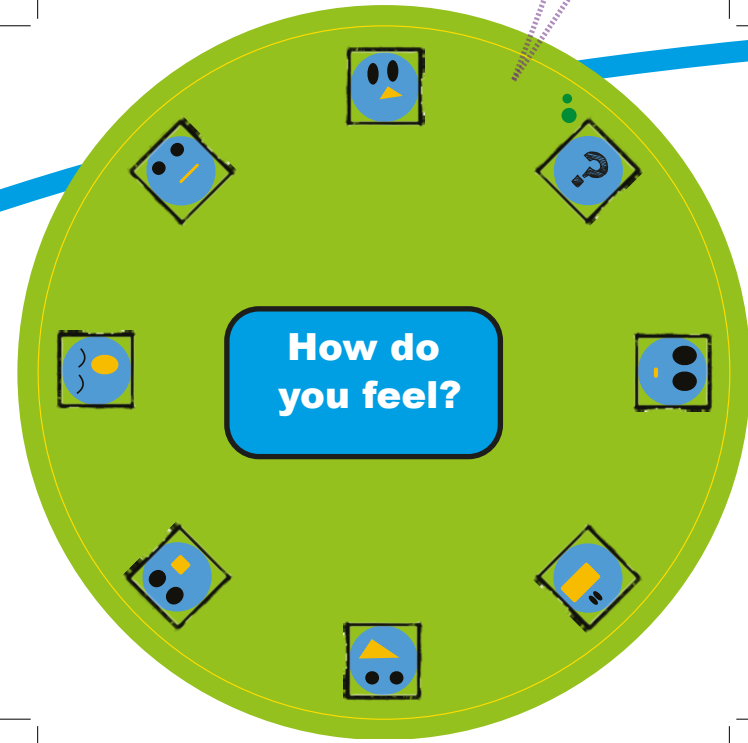


# Connect with you learning - how do you feel and why?

All learning involves emotions - highs and lows.  
What's important is taking time to ask - how do I feel?

Celebrating your learning - why?  
Understanding why you feel positive can help you replicate these emotions again.



Challenged by your learning - why?  
Understanding why you feel negative can then help you search for a solution.