## Worksheet 26:1: What I have Learnt and Achieved

The Compassionate Mind Workbook
© Chris Irons & Elaine Beaumont (2017)

	What I've Learnt and Achieved
W	hat I have learnt in this workbook:
_	
_	
M	y achievements include:
_	
_	
Th	ne challenges that I have faced and coped with are:
_	
Ľv	ve coped with these difficulties by:
_	re coped with these difficulties by:
_	
_	