



Agility Shift™ Learning Journal

- **What?** What am I learning and what is changing for me? What is getting my attention, so far?

- **Gut?** What am I feeling in response to what I am learning and what is changing?

- **So what?** What meaning am I making of what I am learning? What is most relevant to my current challenges and opportunities and why?

- **Now what?** What specific actions am I taking in response to what I am learning? What new practices and habits am I incorporating into my work? What adaptations do I and my team need to make to stay relevant and continue to deliver value to our customers?