

## WORKSHEET IV-6.

### What Did You Learn Today?

After the Game/Match (or After Practice or Your Lesson):

Whether you won or lost, or whether you played well or poorly in practice or a lesson, answer the following questions in writing, or audio or video your answers on your phone:

- What's the biggest thing you learned today that you want to *keep doing in your next game/match?*

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- What's the biggest thing you learned today that you want to *work on in practice or lessons and get better at* before your next game/match?

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