

# ABMNM® EXPERIENCE JOURNAL

Name:

Date:

Workshop Name:

Week of Workshop:

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## INSTRUCTIONS

As you go through the course, after each activity take a moment to write down your experiences of the activity before you move on to the next activity.

You could notice a variety of things such as your feeling of self, your emotions, if you notice you moved differently before, during and/or after the lesson, if you noticed the use of any of the 9 Essentials, if you have any 'wonderings', reflections, or anything else.

Save the form with a new file name including your name, course name and day/week #.  
For example, Jane-Smith-MFC-day1.pdf

Note: To receive ABMNM® Continuing Education credit for the workshop, return a completed form for each day of the course to [websupport@anatbanielmethod.com](mailto:websupport@anatbanielmethod.com).

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Activity #1:

Activity #2:

Activity #3:

Activity #4:

Activity #5:

Please write any other thoughts about your experiences:

