### 

Reflection and learning canvas  
**created by the Q community**

| **1.** Setting intentions  **My goal for the conference is:** |
| --- |
| Enter your goal here... |
|  |
| **2.** Surfacing insights  **What ideas have inspired or surprised me?** |
| Enter your ideas here... |

| **View additional questions on next page** | | |
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**Main takeaways and action planning**

| **1.** What?  **What are my main takeaways from the conference?** |
| --- |
| Enter your main takeaways here... |
|  |
| **2.** So what?  **Why are these important to me?** |
| Enter why these ideas are important to you here... |
|  |
| **3.** Now what?  **How can I bring these into my work? What will I do and when?** |
| Enter how you can bring these into your work here... |
|  |
| **4.** How?  **What do I need to consider? Who do I need to engage? How will I know if I’ve succeeded?** |
| Enter what you need to consider here... |