

**Conscious Care and Support
Session Learning Log**

Date of Conscious Care and Support Class:				
1. Important insights and/or skills resulting from this session are:				
2. An example of how I intend to apply the insights and skills from CCS that I have learned today as I execute my role as a direct support professional, coordinator, manager, or clinician is:				
3. The number of times since our last session that I practiced mindfulness was (<i>please circle</i>):				
0	1-3	4-6	7-9	10 +
4. My level of preparation (e.g. reading) for today's session was (<i>please circle</i>):				
Limited	Partial	Fully		