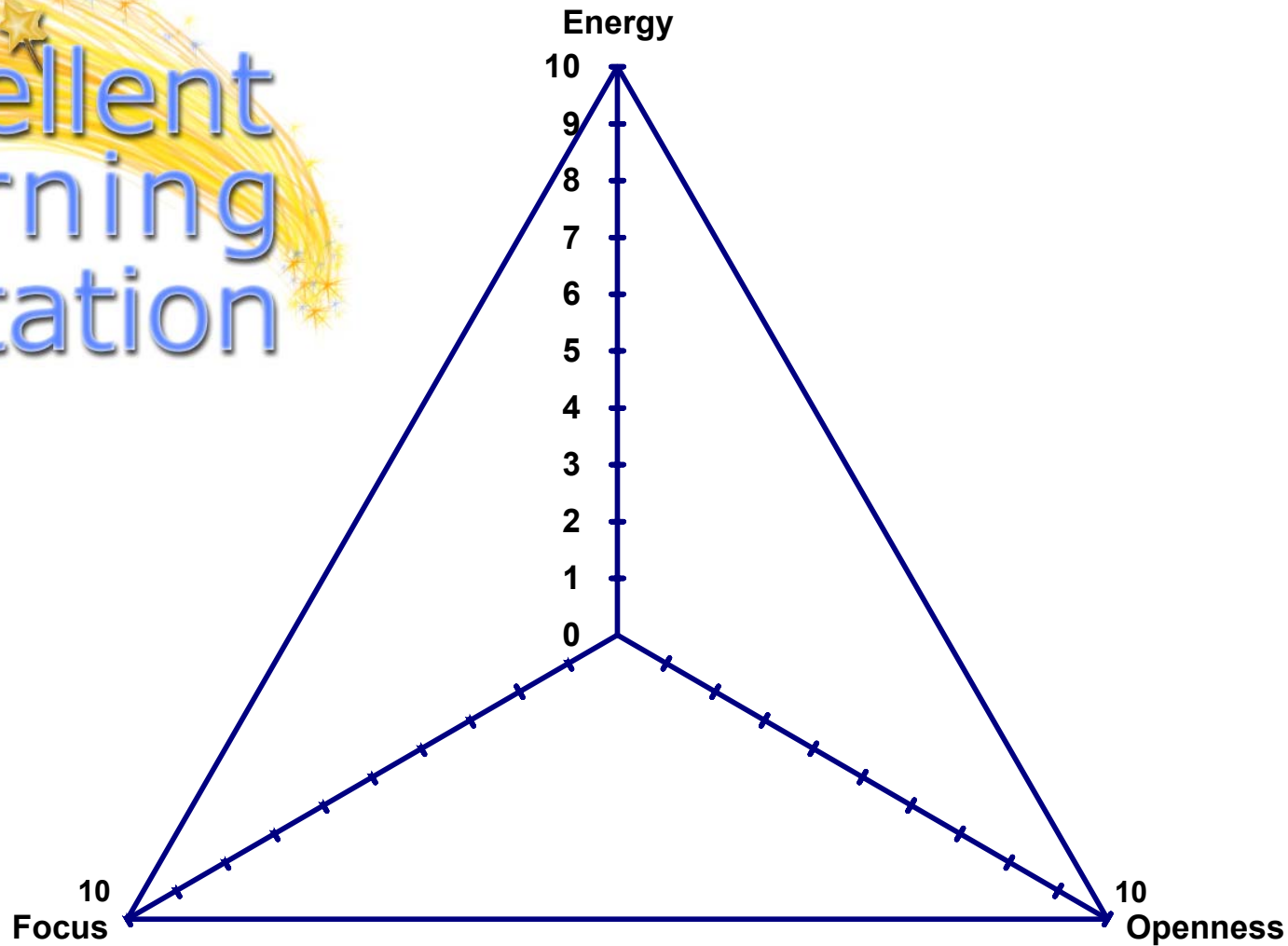




Learning EFO Rating



Mark the graph above based on your current Energy, Focus and Openness. Join the marks together to form your own triangle, then fill in the triangle using a colour that represents how you feel at the moment. Finally, sign the graph.

Energy – 1 means 'I'm shattered', 10 means 'I have never felt better'

Openness – 1 means 'I really don't need this', 10 means 'I am really excited about the new ideas that may come from this workshop'

Focus – 1 means 'My mind is somewhere else', 10 means 'I have left everything behind and I am totally focussed on what I am here to do'