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Bridge4Mothers

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PSL Programme — Personal, Social and Learning-to-Learn Competences

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D. Downloadable Worksheet

(PDF / File)

Reflection Questions

1. What personal strengths and skills are you proud of?
2. What personal or professional goals would you like to achieve?
3. What motivates you to continue learning?
4. What challenges may affect future learning or career plans?
5. What support or resources could help you achieve your goals?

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