



### Moving Forward

**FORGET ME NOT**

**My Elevate Commitments**

The Elevate Commitments are just two small actions you have chosen to help you elevate the way you do things now. Once you have mastered these (and they have become part of your daily life, challenge yourself with a new commitment. Don't forget to check in with your Elevate buddy.

- You and your buddy will support each other in meeting and sustaining the commitments made today.
- You and your buddy will support each other's wins, motivate, encourage, and congratulate each other when you maintain your commitment.
- Do not focus on when it has not gone so well - offer suggestions about how it can be improved in order to support each other on our journey.

**Post Workshop**

Learning is a lot like building muscles... if you don't use it, you lose it.

The Forget Me Not app is designed specifically to help you retain and build on your learning. And, you can do it in five minutes a day right on your phone.

**Three app tips**

- 1. Make Forget Me Not a daily habit.** We've all tried to break a bad habit, but what about making a new habit? The best way to make a new habit is to link the action to an existing habit, here are some great times to do your Forget Me Not questions:
  - On the train to work
  - With a coffee
  - At the start of your shift
- 2. Make it social.** Science tells us that learning a little every day is one of the top ways to learn. Another great way to learn is by making it social. Do your Forget Me Not questions with a buddy or talk about the questions with a friend or with your team.
- 3. Personalise the Forget Me Not app.** You can personalise the app by clicking Settings in the bottom right of the app. You can change the effects, notifications and reminders to make sure the app works for you.

**Education is the passport to the future, for tomorrow belongs to those who prepare for it today.** - Malcolm X

**Click It App**

