

PHOENIX RISING | FREE PARTICIPANT RESOURCE

Personal Learning Planner

Plan, track, and reflect on your liberation journey



PHOENIX RISING

Anti-Racism Leadership Programme

oxytocin-anti-racism-training.com

FREE for enrolled participants

Your Learning Planner

Use this planner to organise your Phoenix Rising journey. Print it, write in it, make it yours.

Name: _____

Role / Position: _____

Organisation: _____

Programme Start Date: _____

Programme End Date: _____

Facilitator: _____

Learning Pod: _____

"Organisations remain safe when the truth about themselves can travel."

Weekly Study Schedule

Block out time for each lesson, reflection, and Cultural Pause practice.

My Study Period: _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
07:00							
08:00							
09:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							
20:00							

Lesson Assignment Tracker

Lesson	Assignment / Activity	Due Date	Status
1. The Phoenix Awakening			
2. Inherited Scripts			
3. The Courage to Feel			
4. Power & Truth			
5. Rewriting the Rules			
6. Community as Medicine			
7. Liberation as Collective			
8. The Liberators' Covenant			
Post-Assessment			
PCREF Portfolio			
Graduation			

Personal Learning Plan

Lesson: _____

Start Date: _____

End Date: _____

Main Goals

Tasks

Notes & Ideas

Study Session Log

Use one per study session. Photocopy or print multiple copies.

Session 1

Date: _____

Lesson: _____

Goal: _____

Notes:

Session 2

Date: _____

Lesson: _____

Goal: _____

Notes:

Session 3

Date: _____

Lesson: _____

Goal: _____

Notes:

Daily Planner

Date: _____

Today's Priorities:

01

02

03

Time	Activity / Notes
07:00	
08:00	
09:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	

Reading Notes

Use alongside the Reading List page on the programme site.

Book Title:	
Notes:	Key Concepts:
Book Title:	
Notes:	Key Concepts:
Book Title:	
Notes:	Key Concepts:
Book Title:	
Notes:	Key Concepts: