Journaling gives you a reliable way to look back at the quality of your play and allows for another avenue of learning from the session. Answer the following questions as if your poker coach asked them of you:

- What did you do for a warm-up?

- What strategy focus did you have?

- What mistakes did you make?

- What spots baffled you?

- How bad was any tilt and why did it occur?

- How would you rate this session and why? (pass/fail, letter grade, #/10)
Study Sessions

Keep a list of weaknesses/leaks and systematically go through that list and study one topic at a time until you feel it’s no longer a weakness. Answer the following questions as if your poker coach asked them of you:

- What concept did you study?

- How did you study it?

- What lessons did you learn?

- What questions do you still have?

- What further topics do you need to study to fully grasp this concept?

- What outside help do you need?