



Reflection

In the first lesson you were asked to think about the assets you might already have. You scored yourself based on the following list.

I have the ability to...

Not at all / A little / Pretty well / Very well

1. Find common ground with others.	1	2	3	4
2. See multiple possibilities.	1	2	3	4
3. Think about the past, present and future.	1	2	3	4
4. Listen.	1	2	3	4
5. Solve problems.	1	2	3	4
6. Be creative.	1	2	3	4
7. Consider the viewpoints of others.	1	2	3	4
8. Weigh pros and cons.	1	2	3	4
9. Speak up when I have an opinion or idea.	1	2	3	4
10. Seek out information and knowledge.	1	2	3	4

Now that you are coming to end of our sessions, you may notice a difference in your responses. You may have experienced growth in some areas or you may feel more realistic about your abilities in others. Perhaps you have a clearer picture of your strengths now.

Choose three sentence starters below. Write down specific ways you notice a difference in the following areas:

I feel more confident because...

I feel more informed because...

I feel more aware because...

I feel more inspired because...

I feel more responsible because...

I feel more hopeful because...

(Create your own...)

With a partner discuss one or two of your responses.