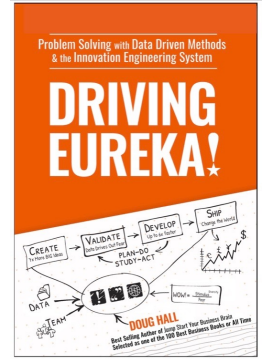


# I.2 - Reflection

As an individual, THINK about what you have learned by working through the last 9 sessions and answer each of the questions below. Then share and discuss with the group. And lastly, JUST GET STARTED! What are 3 things you can do right now?



## STEP 1 - THINK

- **CONTINUE:** What's on the right track that I/we should keep doing?

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- **START:** What things should I/we START doing?

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- **STOP:** What things should I/we STOP Doing?

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## STEP 2 - SHARE INSIGHTS WITH GROUP or A Friend

## STEP 3 - THREE THINGS TO FOCUS ON

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_