

PHASE 2

REFLECTION

What did you realise about yourself which you had not noticed before?

What are you really grateful for?

From the exercise Attitude, do you need to look at anything else?

Yes

No

If Yes, what do you need to do?

What challenges did you face?

How did you overcome the challenges?

What did you learn about yourself?

What are you proud of?

Did anything magical happen to you?

I would like to brag about