

*Reflect on how the training you just participated in ties to your personal and professional journey and connect it to concrete action steps. This exercise works best when you write without thinking, so just get started and see what emerges.*

1. As you think back on this learning experience what stood out to you?
2. What are two insights you gained from this experience and why are they important?
3. How did this training clarify your situation, how you see yourself, or how you lead?

4. Reflect on what you are trying to accomplish at this stage of your personal and professional journey. How did this training help you get closer?

5. What vision do you have for yourself and your work? Be concrete. What do you want to learn and do more of to make this happen?

6. What are 3-5 practical steps you can take over the next week?