

Challenges and Opportunities

Challenges: scale 1-5

- Our own developmental levels (5- highly reactive)
- Our need for authority (5 – tell me what to do)
- Our addiction to form (5-How things should be)
- Our limited skill sets (5- High expectations/ easily discouraged)
- Our own expectations (5- unrealistic)

Opportunities: scale 1-5 1 is low, 5 is high

Practicing mindfulness and self-awareness.

Self-Regulation

Internal Motivation

Empathy

Social Skills

Fulfilling Your Intention

What will you do? (Specific)

How will you track progress? (Measurable)

Is it Realistic? (Achievable)

How does it align with your values? (Relevant)

What's your timeline? (Time-bound)

Your Intention in One sentence _____
