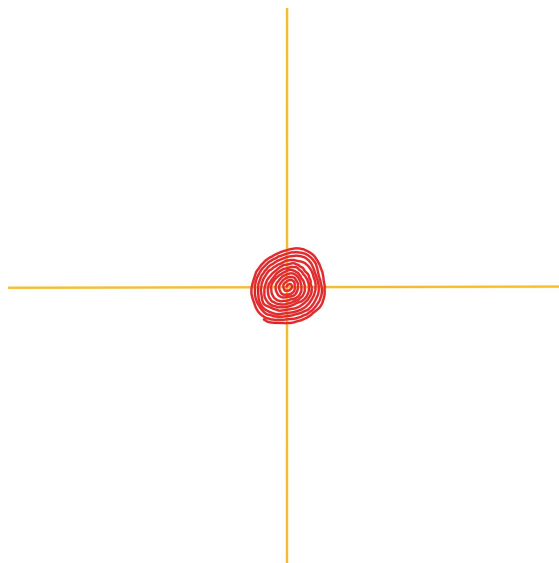


In your Reflection Journal, just before the Summit Themes, you will find a spiral journal page that looks like this...



We invite you to take a few moments in a quiet, comfortable location to reflect on your Summit Finale experience using this page and following these 5 steps:

1. Trace the spiral in the center, beginning with the point at the center. Take your time, move slowly to keep your spiral tight. Feel free to go beyond the end point to feel even more grounded and relaxed.
2. In the upper left corner, write a reflection beginning with *Something I noticed was...*
3. In the upper right corner, write a reflection beginning with *Something I felt was...*
4. In the lower right corner, write a reflection beginning with *A question that is emerging is...*
5. In the lower left corner, write a reflection beginning with *A bold thing I want to do is...*

You can step into this reflective practice anytime using a blank sheet of paper with writing prompts that are relevant and meaningful to you and your context. Notice when judgement, cynicism, and fear show up and counter those voices with curiosity, compassion, and courage to maintain an open mind, open heart, and open will.