

## Weekly Reflection Prompts for Stage Four

REFLECT ON THESE QUESTIONS AS THEY APPLY TO YOU VOCATIONALLY OR PERSONALLY

Week 1 Where have I been during the last 12 months? (Example: what have I learned, lost, risked, grieved, celebrated)

Week 2 Where am I now, in this moment? (Example: what am I thinking about, what am I doing, what do I feel)

Week 3 Where do I want to go in the next one or two years? (Example: what is my deepest desire, my hopes, dreams, and goals)

Week 4 How am I going to get there? (Example: what do I need, who will I ask to travel with me, how can others support me)

Week 5 How will I know I have arrived? (Example: what metrics will I use, how will I feel, what will be different)