

CORE SESSION 3

Reflections task



Imagine yourself as the hero of your story of change! You have a journey ahead of you...

- ★ Describe your call to adventure? What brings you here?
- ★ What do you bring with you on this quest? What strengths, qualities & attributes do you bring?
- ★ Do you have a mentor? Who are they or who might they be? Are there allies with you on this journey?
- ★ What tests and trials await you? Are there enemies around the corner? What are the things coming up that are going to be difficult?

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★ As you face your task of affecting change what is your shadow? What are the fears, the reluctance, the limitations that might be a problem? What are those things about yourself that are going to be challenging on this journey?

★ Is there anything you can do to help manage these barriers or fears?

★ How does your change start to happen, where is your map taking you, what are the checkpoints?

★ As you return home...how have you changed, what have you learnt on your quest?