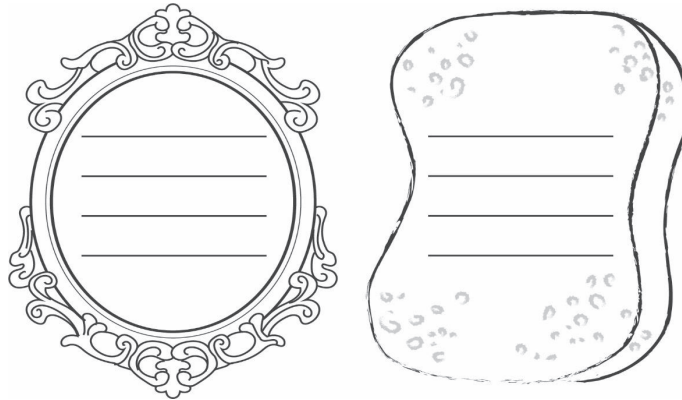


Reflective Activity: Be a Mirror, Not a Sponge

Be a mirror, not a sponge; reflect, don't absorb. Write down examples of how to be a mirror and not a sponge, and/or write down examples of when you were a mirror and when you were a sponge.



Reflect on how differently it felt to be a mirror versus being a sponge:

Image Source: Hunt Dougherty and pixabay.com/Clker-Free-Vector-Images.