## **Cultivation Challenge:** Making It Real in Three, Two, One! Three: Answer these three questions. (Note: Change "I" to "we" if accepting this challenge as a group.) 1. What is one area in which I have an opportunity for growth regarding my awareness or practice of being reflective? 2. Why did I choose this area for growth? 3. If I were to grow or improve in this area, what would it make possible in my personal and/or professional life?

Two: List at least two ideas or ways that I might cultivate my opportunity for growth.				
1.				
2.				

**One:** Choose one idea to apply. Use the Growth Action Plan table to record one idea, practice, and track and then celebrate or revise that idea or way to cultivate growth.

## 1. Growth Action Plan

OPPORTUNITY FOR GROWTH	PRACTICE	TRACK	CELEBRATE OR REVISE
List one idea or way to cultivate growth.	List one internal (thought/attitude) and one external (words, behaviors) element to practice.	Set a tangible goal for the week and tally the times per day you engage in practice.	Record a star or checkmark at the end of the week if your goal is met or revise your goal to scaffold your practice if necessary.
1.	2.	Goal: Tally:	Celebrate: Revise:

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