

## 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?

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2. Why did I choose this area for growth?

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3. If I were to grow or improve in this area, what would it make possible in my personal and/or professional life?

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

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2. \_\_\_\_\_  
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**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

<b>OPPORTUNITY FOR GROWTH</b>	<b>PRACTICE</b>	<b>TRACK</b>	<b>CELEBRATE OR REVISE</b>
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.	1.	Goal:	Celebrate:
	2.	Tally:	Revise: