



Mini Assessment

1. Think of a concern that has been preoccupying you. List it here.

2. Why is this issue a concern for you?

3. How did this issue come about? Who is involved? What are their connections to you?

4. How would you like things to be different?

5. List 3 things you could do today to move you towards your ideal.

- a. _____
- b. _____
- c. _____