

Name _____

Date _____

Instructor _____

Class time _____

Chapter 9: Developing Yourself

Beginning Reflections

Read the writing prompt and then answer the questions in the space provided.

Think of a time when you had to make a significant change in your life and you were successful. Remember the details of what that success was like—remember the feelings, sounds, and people involved. Then answer the questions below.

1. What kept you motivated to stay on track?

2. Were there mentors or role models whom you looked to?

3. How did you get through times of stress and discouragement?

4. What kept you learning and growing?
