



## Assessment

### Reflective questions

1. How willing was I to be vulnerable in sharing my thoughts and experiences?  
Please elaborate.

2. Did I demonstrate curiosity about alternative viewpoints during the perspective exchange? Please elaborate.

3. Did I actively listen and consider insights from diverse viewpoints during the consultation? Please elaborate.

4. Did I display a genuine willingness to explore different perspectives and ideas?  
Please elaborate.



5. To what extent did I reduce biases and blind spots through my participation?  
Please elaborate.

6. What can I learn from the ways your peers display open-mindedness, curiosity and vulnerability?

7. How can I continue to cultivate open-mindedness, curiosity and vulnerability in my daily life?