



Assessment

Peer reflection

Work in pairs. Take turns asking your partner the following reflective questions about their new belief:

- In which situations will you apply your new belief?
- What part of your potential does this belief help you unlock?
- What will help you remember and apply it in real life? (e.g. a sticky note, a symbol, a daily reminder)
- How confident do you feel acting from this new belief, even in uncertain or challenging situations?
- In what way does this belief help you maintain a hopeful and constructive outlook when things get difficult?

Make sure to switch roles so both partners get the chance to reflect and respond.