



## Assessment

### Reflective questions

1. Reflect on your imagination. Describe your experience with your imagination during the activity.

- Was it easy or challenging for me to tap into my imagination during the exercise?
- Did I discover new aspects of my imagination that surprised me?
- What techniques or moments helped me access my creative thinking?

2. Reflect on your long-term vision for the future. Consider the long-term vision you formulated during the exercise, reflect on its origins and its potential impact.

- Was this vision something entirely new, or have I contemplated it before?
- What elements of the vision were most compelling or exciting to me?
- How realistic or achievable does this vision feel? Why?

3. Analyse your experience of the activity and the impact it had on you.

- How did I feel before the session, compared to afterwards?
- What did I notice about my mind or body during the breathing exercises?
- Was I calmer, more focused or restless?
- Were there any specific sensations, thoughts or emotions that stood out?
- What part of the meditation techniques felt helpful (or unhelpful) to me? Why?
- What did the writing exercises do for me? How was the experience of writing freely?
- Did this stimulate imagination? Did it help to access different layers of thinking?

4. Applying imaginative capacity to other areas in life. Think about how the creative thinking you practiced may be applied to other aspects of your life and studies.

- In what ways can I incorporate elements of the session (e.g., meditative techniques, freewriting) into my academic pursuits?
- Can any insights from this session be applied in my personal or professional life?
- What actions can I take to nurture my imagination or creative thinking in my daily life? In what ways could this affect me?