



## Assessment

### Plenary reflective questions (Step 1)

1. How did it go? Please elaborate on what went well or what was difficult, and why.
2. What will you do differently next time?
3. In which everyday situations do you believe it is important to be present and maintain awareness of yourself and your surroundings?



## Assessment

### Plenary reflective questions (Step 4)

1. In what situation did you practise?
2. Please elaborate on what went well or what was difficult, and why.
3. Were there any moments of particular clarity or insight?
4. Do you need to alter the image in some ways to make it more productive in real life situations? Adjust, if necessary.