



Assessment

Written Reflection Assignment

Write a one-page reflection paper based on your experience with the exercise. Focus on the key insights and personal learnings you've taken from the activity. You may draw from your notes during the reflective journaling.

Use the guiding questions below as inspiration. You do not need to answer each one directly or in order; they are meant to help you reflect freely and meaningfully:

- In what moments do you want to act more courageously?
- What has held you back from being courageous in the past?
- What did this exercise reveal to you about yourself and your values?
- How did it feel to say and hear your two sentences?
- How do you plan to keep making conscious, values-based choices to be more courageous?

Your reflection paper will be assessed using the single-point rubric below.

Grow Areas for improvement	Criteria Expectation for this assignment	Glow Strengths
	Moments of courage The student identifies past and/or future situations that call for courage, grounded in their values.	
	Current behaviour The student reflects on their past behaviour, including enabling factors, fears and limiting beliefs, in situations that required courage.	
	Key insights The student reflects on their thoughts, feelings and responses during the exercise, and distils these into key personal insights and learnings.	
	Translation to practice The student clearly outlines how they intend to apply the insights and learnings from this exercise in future situations.	