



## Key Advice

### **Prompts for reflective journaling (2 minutes each):**

- “Being vulnerable and sharing something meaningful was...”
- “Listening in silence and being curious and compassionate was...”
- “An important value I want to stand up for is...”
- “Saying my sentence made me feel...”
- “Hearing my sentence made me feel...”
- “I want to ‘show up in the arena’ when...”
- “Next time, I can overcome fear and show courage by...”