



## Assessment

### Weekly reflective questions

1. When did your characters show up during the week, and how did they manifest?
2. Did these characters contribute to your self-awareness? If so, how?
3. Do your characters still accurately represent you? If so, why? If not, what changes would you like to make and why?

*At the end of the course, answer the following reflective question:*

How do you plan to apply the insights you gained from this activity to your daily life or future endeavours?