



3-2-1

A protocol for Reflective Practitioners

Identify **3** activities, events, accomplishments from the week that feeds your soul - share with a friend, colleague, coaching partner.

Pose **2** questions, queries, wonderings, ponderings that challenge/stretch your thinking - if possible/time permits, engage in a problem solving discussion with another.

State **1** actionable item/goal for the upcoming week - share it so others will ask, motivate, inquire about your progress.

Reflect on each numbered response - consider journaling these each week
- review progress monthly, quarterly, yearly.