



UNIVERSITY OF MINNESOTA EXTENSION



New York Mills Welcoming Communities

REFLECTION: *How does what I have experienced here connect with my work/life?*

REFLECTION: *What are key takeaways I have gained from this experience?*



REFLECTION: *How do I think differently from this experience?*

REFLECTION: *How have I changed in relation to this experience? In what ways do others see the change?*



ACTION: *I intend to use what I have learned about myself to...*

ACTION: *I intend to continue to grow in these ways...*