







**Step 3 - Discussion (12 min)**

**Reflect and respond**

Choose something you underlined that is important to you. Take one minute to tell everyone what you chose and why it is important to you.

**Step 4 - Self-assessment (10 min)**

**Evaluation and action**

Complete the self-evaluation section below.

Rate how well you demonstrate this quality in your life on a scale of 1-10.

1 2 3 4 5 6 7 8 9 10

Why did you give yourself this rating?

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What benefits would you receive by improving your rating?

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Who do you know that exemplifies this quality? What do you admire most about that person?

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What specific action can you take immediately that will improve your rating?

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**Step 5 - Assessment and intentional action step conversation (10 min)**

Take a minute to share your responses to the self-evaluation section, including the step you will take to improve in this area. Everyone is asked to participate.