Activity sheet

# Activity: Quiet reflection (Adapted from Castle and Buckler, 2021: 186)

Set aside a few minutes for quiet reflection (literally!)

Look at yourself in a mirror. Reflect for a few moments on yourself using the W5H1 questions below:

 Who are you? Who will you be in the future?

 What are you? What will you be in the future?

 Where are you? Where will you be in the future?

 When will you know you have achieved the above?

 How will you get there?

 Why are you, you?