**Activity: Quiet reflection (Adapted from Castle and Buckler, 2018: 188)**

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?