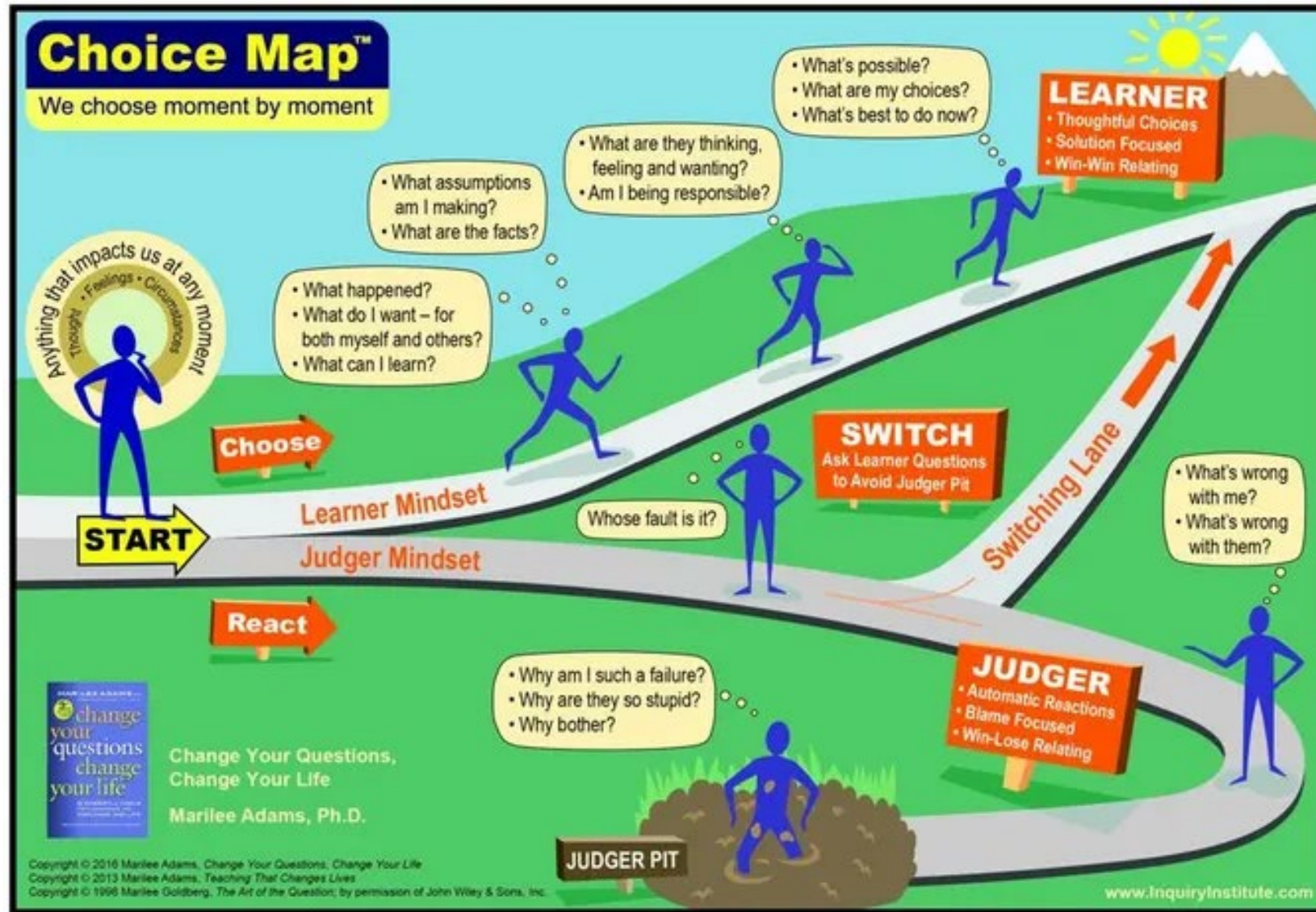


Judging vs. Learner Mindset



Moving from self-reflection to action



Ask Forward-Focused Questions

- “What small step can I take today?”
- “Who can support me in this?”
- “What resources do I need?”

Turn Insights into Action

- **Reflection:** “I realize I avoid difficult conversations.”
- **Action:** “I will prepare for one conversation this week using active listening techniques.”

Commit to a Learner Mindset

- View mistakes as learning opportunities rather than failures.

Use the A.W.E. Question

- Ask yourself: “**And What Else?**” to explore more possibilities and expand your options.

Accountability and Tracking

- Set goals and track progress with questions like:
 - “What worked well today?”
 - “What will I do differently tomorrow?”