

# Reflection Time

**To ignite further discussion and deeper understanding, here are some questions to inspire reflection and provide more profound learning during and post the masterclass.**

Your thoughts are not who you are - Was there anything you were reluctant to identify with or avoid writing down? If so, why?

Silencing negativity - How did you feel after doing the box breathing exercise? What was your experience? Did you embrace it? Was your breathing full and deep or was there resistance?

The power of I AM - Is there anything you didn't put on your I AM list that you want there but didn't add? Why?

How did you feel after the Gratitude exercise?

Connection with what you love to do - What are the top 3 things you would love to do more of?

When do you plan to do it?

Self-care - What would you like to add to your self-care plan and how does it benefit you?