

# POWER REFLECTION PAGE

Program: \_\_\_\_\_ *The Power of:* \_\_\_\_\_

How is *the power* defined or characterized in this program?

How does the material add to or deepen my understanding of *the power*?

How do I personally relate to what is taught or shared?

Do I have any questions? What are they?

Notes:

Take any time needed to quietly reflect. Then, on the back of this sheet, use the space to journal: How am I feeling about the power within me? What am I thinking? If inspired, also note how the presentation supports you in consciously embracing and expressing *your power*...

