HW 2.1 Actions Taken and Learning

### Instructions

Each Week’s Reflection Journal (to be completed after each session)

1. Think of what action you took last week. Describe it.
2. What event either before, during, or after your action sticks in your mind. Write the details.
3. Now write about--What did you learn, unlearn, and relearn this week?
4. What are the next steps you will take in your practice? What do you hope will result?