# P⊙INTS ⊕F Y⊕U°

**Creative Tools & Workshops for Development** 

## **Reflections in Me**

## Objectives

Use this layout chart to observe what your unconscious is inviting you to reflect on through a photo you took.

#### Before we start

Think of the word Reflection. What does it mean to you. Take a photo that will represent Reflection for you. We will use this photo in this process.

## Pause and Expand

Take a deep breath close your eyes and connect to yourself.

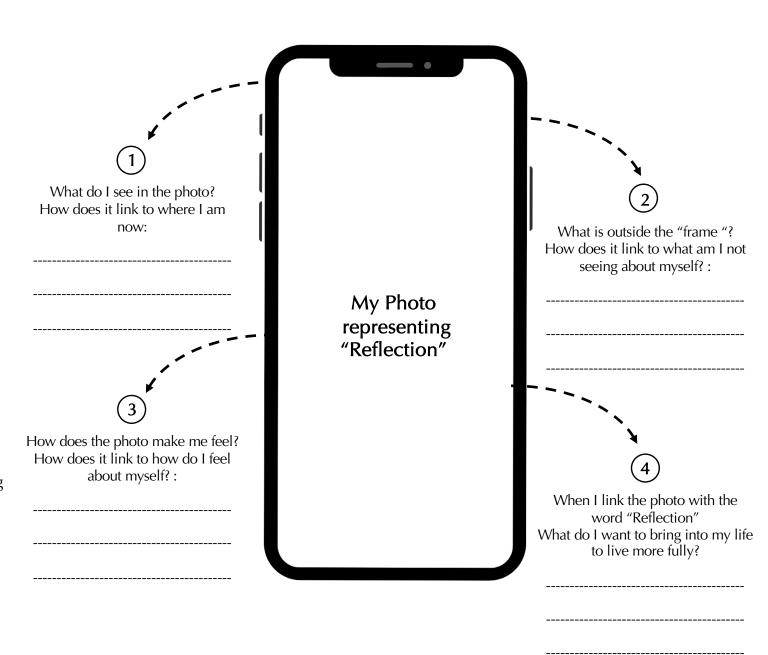
Once you are ready open your eyes, place your photo in the layout chart and observe

#### Focus and action

Write down your insights, observations and 3 actions that will move you. One for today, one for next week and one for the upcoming month.

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