





**LEVEL UP**

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3 minutes - Quiet reflection and journaling

Of what we've learned so far... what tools do you think will be helpful? What ones will you struggle to apply?

# 3 minutes - Add to INSIGHTS

- Add Aha moments
- Add Blockers

5 minutes - Share out with class.



# 3-3-5

Of what we've learned so far...what tools do you think will be helpful? What ones will you struggle to apply?

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# On your way out...

Add your “mood line” to the Mood Board, tracking your energy level and mood throughout the day

