



# Summary, Completion & Reflection

## Integrate and Review

**Flow Short Scale: Think about your experience at work over the past week.**

On a scale of 1-5 please rate the extent to which the following are true during this time period: (1=Never, 2=Rarely, 3=Sometimes, 4=Frequently, 5=Always)

**I feel I am competent enough to meet the demands of the situation.**

**I have a strong sense of what I want to do.**

**I have a good idea about how well I am doing while I am involved in the task/activity.**

**I am completely focused on the task at hand.**

## Notes

## Congratulations

Huge Congratulations! You have completed Zero to Dangerous! This has been a wild ride! Take a moment to think deeply about what you have learned and how you will continue to burn these practices into your life long-term. Over time, your behavior will continue to change. Insights will continue to crystallize. New ideas will form. And habits will be dialed in.

- . What are you proud of?
- . What changes have you implemented?
- . What results have you experienced?
- . What relationships have you formed?
- . How are you going to keep engaging and contributing to the community?
- . Where do you need to dig more?
- . How are you going to continue to dial in these practices over the long-term?
- . And Our final question—Now that you're dangerous... What does Impossible look like?

Reflect on these questions today as well as on your journey to Dangerous!

Now it's time to see how far you have come. Please complete the Dangerous Diagnostic and we will collate your pre and post results and present them to you so you can see the progress you have made (as well as where you need to dial things in further).

The FRC Team!