

## Topic: Reflecting

### Breathe

As we learn about reflecting, it is good to remember that human nature will focus on the negative. But, every week, some things do work out, so make sure to reflect on those good things as well. This short guided reflection helps us to internalize the positives.



### Learn

**What? So, What? Now, What?** is a reflective model that helps you evaluate an experience or a recent event so that you can identify ways to improve or act. The exercise works on three phases:

- Understanding the event (What?)
- Making sense of the facts and implications (So, What?)
- Identifying the course of action or new solutions (Now What?)

Click below to learn more...



### Move

When done well, reflection can be hard work for our minds and emotions. Let's take a 20 minute break to step away from those reflections and have a little fun. Time to Zumba!



### Grow

Let's Try "What, So What, Now What" with an event that the family experienced. [Here are some discussion questions:](#)

#### What?

- What happened? What was everyone's reaction to the event? What positive and negative aspects do you observe?

#### So What?

- How does this event affect us? How does it affect our future? Why is it important?

#### Now What?

- What do we need to do to move forward? How can we turn this event into something positive? What have you learned? What will you do differently the next time? What will you do the same?