Exercise

# Encouraging Independence and Growth

**Reflect and Plan**

Objective: To practice self-reflection and planning for personal growth.

Instructions:

1. Think about a recent project or task you completed. Reflect on this experience using the following questions:
   1. What went well?
   2. What could you have done differently?
   3. What did you learn from this experience?
   4. How can you apply these learnings to future tasks?
2. Now, identify a 'stretch' opportunity related to your work or personal development. Why is this task a stretch for you? What skills will it help you develop?
3. Finally, develop a plan to take on this stretch opportunity. What steps will you need to take? What additional skills do you need to learn? Who could support you in this task?