

Reflection to Practice

Step 1: Gather What Stood Out

Write down 3 to 5 moments from the video that stood out to you. These could be strategies, values, quotes, or new ideas.

Step 2: Find the Common Thread

Look over your list. What theme or shared insight connects them? Summarize it in one or two sentences.

Step 3: Make It Your Own

Choose one idea or strategy from your list that you want to apply in your work.

1. What is the idea or approach?

2. Why does it matter for your current role or setting?

3. What is one small, concrete step you could take in the next 1 to 2 weeks?

From Listening to Doing

