

# Week 7 – Video 19 Homework

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- ✓ Journal about your journey in this program thus far
  - What are you most proud of?
  - What has been the most challenging part?
  - What has been your favourite tool, practice, or exercise?
  - Was this program what you anticipated it to be? Why or why not?  
How do you feel about it?
  - By the end of this program, what do you hope to accomplish?
    - If you do not achieve this, what positive things can you take away from the experience?
    - What are your next steps?
- ✓ Continue on your value-based goals
- ✓ Continue on your exercise goals