

# REFLECTION JOURNAL

## ASSIGNMENT

### Lesson 1 Be Open and Curious

Openness is defined as “the courage and willingness to experience life without barriers and free from concealment.” What is something new that you have recently tried? (It could even be this class!) What was it like to step out of your comfort zone and open to this new experience? What was the hardest part of taking that step? What was the best part?

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Curiosity is “a sense of interest and wonder; the desire to explore, learn, and know.” What is something new you have been curious about and wanting to learn or try? Write a declaration to yourself that within the next week you’ll take one small step toward learning or trying something you’ve been curious about (and what that specific step will be!).