

<b>Name:</b>	<b>School:</b>		<b>Date:</b>	<b>Group:</b>
<b>Value Creation Skills</b>	<b>Questions</b>	<b>No</b>	<b>Yes</b>	<b>And then some</b>
<p><b>Bravery</b></p> 	<p>Did I risk and try something that was challenged my thinking and my comfort zone?</p>			
<p><b>Energy</b></p> 	<p>Did I manage my energy both to physically move as well as to stop and think?</p>			
<p><b>Creativity</b></p> 	<p>Was I open to thinking and looking at things in a new way?</p>			
<p><b>Openness</b></p> 	<p>Was I able to open my mind to new information and ways of thinking and learning?</p>			
<p><b>Motivation</b></p> 	<p>Was I open to commit and challenge myself to take new and sustainable action?</p>			
<p><b>Esteem</b></p> 	<p>Do I feel good about myself and my contribution to the session?</p>			