

# Highlights

What are some valuable “aha!”s for you this week? What are you learning about yourself, for yourself?

Capture at least one memory in each block:

|                                 | AM | PM |
|---------------------------------|----|----|
| <b>Day 1</b><br>Introduction    |    |    |
| <b>Day 2</b><br>Know Yourself   |    |    |
| <b>Day 3</b><br>Choose Yourself |    |    |
| <b>Day 4</b><br>Give Yourself   |    |    |
| <b>Day 5</b><br>Synthesis       |    |    |

