

---

## Moving forward from here

What is your goal: what do you want to do with your learnings from the conference or mindfulness in general? Within what timeframe?

### Instructions:

It is most useful to pair up with someone you don't know so well. Your role is to ask the questions below. You do not need to join in, or express your view. Just listen, and write down any key words or phrases that are significant. When completed swap roles.

### Questions

Thinking back over the conference and all that you've experience and learned, connect with your high points.

- What do you identify with the most from what you've taken in at the conference?
- What makes real sense to you about those things?
- What is it that you truly value about those things?

### Notes:

## Stepping into the future

- What has occurred between the [future point] and the end of the conference that enabled you to achieve this?
- What values have you connected with that kept you motivated?
- What courageous actions did you take that enabled you to achieve this?
- How have you demonstrated compassion for yourself and others as you've moved towards your goal?
- What relationships did you cultivate/leverage to support you?

## In the present, moving forward

- What is one thing that you can do in the next 48 hours to help you on the pathway to achieve this goal?
- What value or values will you fulfil by taking this first action