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| **Name** | **Date**  | **Session Title**  | **Facilitator** |
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| **Notes and Ideas** |
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| **Book References** | **Notable Quotes** |
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| **Session Reflection** |
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| **Where am I at on this topic? Do I get it? Do I like it?** |
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| **What do I do well? What do I struggle with?** |
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| **How should I apply this to my thinking and behavior? What can I expect to come from it?** |
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| **What questions, thoughts, or scenarios should I bring up with my small group?** |
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| **When you’re ready to commit, write your planned actions and desired outcomes on the next page. When a Revisit Date comes around, reflect on how you did.** |

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| **Action Plan** |
| **Action** | **Desired Outcome(s)** | **Revisit Date** |
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| **Action Plan Reflection** |
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| **Did you complete your action? What has changed as a result? Did things go as expected?** |
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