

Name _____

Demystification Reflection Guide

1. What is your most important strength?
2. Why is this your most important strength?
3. Name two strategies brought up in your demystification that can help you strengthen any of your strengths.
 - a.
 - b.
4. What is your most important challenge?
5. Why is this your most important challenge?
6. Name two strategies brought up in your demystification that can help you strengthen your any of your areas of challenge.
 - a.
 - b.
7. How can your strengths help you with your challenges?
8. What have you started doing or thinking about since your demystification?