

Sharing your unique knowledge of how you practice

Tell your neighbour
about a satisfying experience
in your practice



What does this tell you
about what really matters
to you in your practice
-your guiding values?



What will you do to make
this happen in all areas
of your practice?



What evidence
can you collect to show
the difference you make?



Who influences you
in how you practice?



Can your values serve
as standards to test that
you act as you claim?



What will you do next?