**JOURNAL 2**

\*How have things changed (for you, for your classmates, for the work) over the past two weeks from the beginning of the course?

\*How have YOU contributed to the success of the class, both during activities and in general?

\*Are you holding back at all out of fear or judgement? If not, why not?

\*What surprises have you experienced in yourself? What surprises have you seen in others?

\*Did you reach your last goal? If not, why not? Set a new one.