## Organising Your Thoughts

Affirmations	Positive Surprises
Negative Comprises	Avece of Chapterth
Negative Surprises	Areas of Strength
Biggest Threats/Derailers	Opportunities for Development
Diggest Timeday Detailers	opportunities for Development

## Organising Your Thoughts

Areas of Confusion	Conversations & Questions
Behaviours to Take Action On	Emotional Responses
Bellaviours to Take Action On	Emotional Responses