

Case Study – Individual Reflection & Action Commitment



- Reflect on your action commitments for the last two days
 - **Resilience:** Practices and Engagements
 - **Flow:** Work Commitments; Practices & Engagement
- Select **at least three actions** that you will take in the next two weeks.
- Complete the “**Action Commitment**” log before the case study session
 - Input all commitments; update the status of the chosen ones till the case study discussion
 - Feel free to change the commitments during the process
 - Reflect on the changes