MODULE 3 · COOPERATION · WORKSHEET

Your AHA moment and commitment

Step back, notice what now stands out for you, and turn it into a small commitment you can look back on. Use it with steps 6 to 8 of the module.

Allow 10–15 minutes · Goes with steps 6–8

Name and date

1 What stands out most for you now about cooperation?

What feelings does it bring up, and what do you want to do about it?

2 Did anyone's take-away change or sharpen your own?

Note an idea you would like to borrow, and why.

3 What will you start, do differently, or hold close?

Keep it small and concrete. Note when you will start and who, if anyone, will know about it.

4 Looking back: what happened?

Pick a date to look back, perhaps a week from now. Then note what you did, what got in the way and what you learned.