

1. What have I learned in this course - so far?
2. What have I been attracted to?
3. What have I excelled in?
4. What key “bi-directional portals” have I created that allow me to quickly access the knowledge and allow the knowledge to quickly find me?
* (“Knowledge = things or skills that I know or suspect that I need now or will need the future.

These portals might be made of:

- a. Words /
 - b. Images /
 - c. Phrases /
 - d. Stories /
 - e. Mind Movies /
 - f. Sounds /
 - g. Songs /
 - h. Smells /
 - i. Memories /
 - j. Associations of self-affirming stories, decisions, or actions that enlarge my cultural asili: Power and joy derived from an authentic walk among our people.
5. What has become fuzzy (instantly or over time)? Fuzzy, blurred, muddled in one or more of the following areas: clarity, confidence, content, continuity toward the goal. What’s needed to clear it up?
 6. What did I avoid - intentionally or by “getting distracted” or forgetting? What families and nuances of sadness, fear, and anger stopped or redirected me away from “it.”
 7. What help do I need?
 8. What knowledge I’m excited to learn more about?
 9. What skills do I want to develop more or better?
 10. What three stories or experiences from the course will I tell to many, many others to help heal myself, my family, and people?

