



**“What I once saw as the end,
now seems like it’s only the beginning.”**

J.S., 2008

Reflection

Stand up and slowly stretch your arms up and then out to your sides. Focus on a single point before you. Pay attention to its details. Now slowly start to turn around. Notice what the world looks like as you turn. What stands out? When you find your way back to the place where you started, look at the same point. Does it look the same? What changed—the point or you?

Questions

What is something that felt like an ending that was really the beginning of something good?

What is one thing you would like to start? Why?

Reflect on a time you learned to see something in a different way.

What caused this change?