

# Week 1 Discovery of You

Name the Impact Moment \_\_\_\_\_

When did it happen? \_\_\_\_\_

What are 3-5 key impacts from this moment?	Did I perceive this as a positive or negative? <i>Check one</i> Positive    Negative
	Do I still perceive this as a positive or negative? <i>Check one</i> Positive    Negative
	Does it still impact me today? <i>Check one</i> Yes    No
What changes came from this impact moment?	