

# MY THOUGHTS AND REFLECTIONS

## **ROCK, STICK AND LEAF**

Find a small rock, stick and a leaf. Think about something that had 'rocked' for you, something that would 'stick' with you and something you wanted to 'leaf' behind.

#### What 'rocked' for you?

#### What will 'stick' with you?

### What will you 'leaf' behind?

Write down anything else you've reflected on during your course or want to remember.