Belonging Book Club

Skill Practice

1. Book

Title and Author.

1. Goal

What skill from this month’s book would you like to develop? How might it shift things in your life?

1. Plan

What small step would you like to take towards developing the skill that you identified above? How and where can you practice this month?

1. Reflection

How did your skill practice go this month? Did you have any “aha moments”? What takeaways did you gain through this experience? How might you continue developing this skill? What is your next small step?