**Growing Wings Practice Reflections**

*If you have a current contemplative practice, what do you do (mindfulness meditation, self-compassion practice, spiritual practice?*

*What do you currently get out of your practice?*

*What would you like to get out of your practice?*

*What do you think is missing from your practice (if anything)?*

*What works really well for you in your current practice?*

*What is not working so well for you in your current practice?*

*Is there a particular kind of practice you’d like to try out/get support with?*

*Do you have particular practice goals? If so, what are they?*

*What do you most want to work on through the Growing Wings program?*

*Do you have any concerns about being involved with the Growing Wings program?*

*Is there anything else you’d like to offer at this time?*

*Thanks for offering these reflections! I look forward to working with you! *