3 questions to move toward transformation

WHAT

SO WHAT

NOW WHAT

OBSERVATIONS
Describe, in your own words, the experience, insight, or new-found truth. When did you become aware of this/what were the circumstances?

IMPACT
What is the impact or significance of the experience, insight, or new-found truth? Why is that so important?

TRANSFERRENCE
Transference is the application of an experience, skill, or knowledge. How might this experience, insight, or new-found truth be useful in your future? How can you implement this new wisdom into your life today?