





## Reflection on Intentionality During the Day

Reflect on the difference between the two example practices given in chapter 1.

| Distractor  | My Intentional Focus | What I Actually Did   |
|---|----------------------|---|
|  |                      |  |

| Distractor  | My Intentional Focus | What I Actually Did   |
|---|----------------------|---|
|  |                      |  |

Source: Spiller, J., & Power, K. (2019). Leading with intention: Eight areas for reflection and planning in your PLC at Work. Bloomington, IN: Solution Tree Press.