

Conduct a Final Preassessment

It's time for a progress check-in. If you are reading this book while teaching, return to the preassessment you completed in the introduction ("Track Your Progress Toward Becoming a No-Nonsense Nurturer," page 14). Use a different-color pen and make a new set of marks on each continuum to represent where you see yourself today relative to where you began and the star you set as a goal. Be thoughtful and reflective. Notice that your understanding of the questions may have changed as you've progressed through this book. Reflect on the following questions.

In what area have you seen the most growth in your practice?

Are there any areas where you have already reached your goals? To what do you attribute your success thus far?