# Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_

Well10: W1 Wellness Intro **Off Balance On Purpose**

[**Off Balance On Purpose Video**](https://youtu.be/8OkzozrUEHY)

**Reflection Questions**

**As you watch the video, choose one or two areas to share your thinking about the message Dan Thurmon is presenting:**

* What connections do you have to his message?
* Comment on what surprised you about his message.
* What opinions do you have about his message?
* What confuses you about his message?
* Describe what you have learned from his message?

**One point in the video or discussion that resonates with me is…**