

■ Hopes and Concerns Instruction

Each participant will take one 3x5 card from the center of the table.

Instructions:

1. Write the word 'Hope' on one side of the card; write the word 'Fear' on the other side.
2. Write Legibly because someone else will read what you have written
- 3. Do not sign your name.**
4. On the Hope side, write one hope that you have for the training event.
5. On the Fear side, write one fear that you have for the training event.
6. When you have finished your writing, hold up your card so that it can be collected.
7. If you receive your own card from the trainer, do not tell anyone.

Please read what is written on your card when you are asked to do so.