**Please answer the following questions:**

1.   Why did I want to come on program with AFS?

2.   What have I learned so far? What challenges have I had?

3.   What are the main things that I’m worried about at this point? Why?

4.   What am I most grateful for?

5.   What are my favorite things about being in my host community?

6.   What would I like my last week on program to look like (describe in detail)?

7.   What can others (host family, liaison, and school) do to support me and help me realize a successful program?

1. What do I believe I can do to help myself to continue and complete a positive program?
2. Think of a time that you experienced a challenge in your life. What did you do to effectively overcome that challenge in a constructive way?