

# The CQ Reflection Compass

The CQ Reflection Compass is a tool to help you evaluate your Cultural Intelligence (CQ) and growth over the past year. Simply take some time to reflect on each question, jot down your thoughts, and use the insights to set meaningful goals to enhance your CQ in the year ahead.

Describe your year in a cultural theme. What value or mindset best represents your interactions across cultures?

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What was a situation this year where you successfully navigated cultural differences? What made it memorable?

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What was a cultural misstep or misunderstanding you experienced, and what lessons did you take from it?

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What cultural skill or mindset have you improved this year, and how has it helped you?

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Who has helped you grow your understanding of different cultures this year, and how did they impact you?

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What's a change you've made to better adapt or collaborate in multicultural environments this year?

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What's one cultural perspective you've gained this year that has broadened your worldview?

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Looking ahead, what do you want to improve in your CQ by this time next year?

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What is one way you've positively influenced cultural understanding in your workplace or community this year?

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If you could offer one piece of advice to your future self about navigating cultural challenges, what would it be?

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