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# Butter Butterfly Mission 3 – Own It

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Disclose everywhere you go!

Date	Describe the activity. What were you doing? Who were you talking to?	Rating # (see below)

How did it go?



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|-------------------------|-----------------------|-----------------------|-------------------|------------------------|
| 1                       | 2                     | 3                     | 4                 | 5                      |
| Not at all<br>difficult | Not very<br>difficult | Somewhat<br>difficult | Very<br>difficult | Extremely<br>difficult |