



**This book
belongs to:**

Background

Hi there! We created the Reflect Notebooks project as a powerful but simple way to help individuals self learn and groups build shared understanding more effectively through guided reflection. This journal specifically will help you become aware of ways you can improve your daily habits by guiding you through a one week reflection. We know you're busy, so we made this journal to be easy to interact with even on your most active days. In fact, it's so easy to use, that you'll be happily surprised how powerful it is at collecting and developing your thoughts!

Thanks and enjoy your reflection journey!

Conceived and designed by Ann Marie Dailey and Catherine Norwood.

Instructions

Step 1: Choose an activity to reflect on for the next week, ie. Your morning routine, lunch break, commute home . . .

Step 2: Write that activity below:

Step 3: Don't over-analyze the prompts. Take a few minutes each day to answer the prompts.(pro tips: Choose the same time each day so you're less likely to forget. Also, don't worry about your response, the reflection is supposed to be pretty intuitive.)

Step 4: It's your book! Write, sketch, or even work on it collaboratively.

Step 5: When finished with this journal, email reflectnotebooks@gmail.com to upload your reflections, and feedback. Also, we encourage you to post your favorite page on social media using the hashtag #ReflectNotebooks

Before you start, think about the activity you chose.

Why did you choose this activity?

You will be reflecting with this journal for six days. What is something you're hoping to get out of this process?

DAY 1



Daily Reflection Questions

What is the point/objective of your activity?

Where and when is this taking place?

Who are you interacting with?

Additional thoughts and feelings?

Sketch your activity:

DAY 2

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What is the point/objective of your activity?

Where and when is this taking place?

Who are you interacting with?

Additional thoughts and feelings?

Sketch your activity:

DAY 3



What is the point/objective of your activity?

Where and when is this taking place?

Who are you interacting with?

Additional thoughts and feelings?

Sketch your activity:

DAY 4

— / — / —

What is the point/objective of your activity?

Where and when is this taking place?

Who are you interacting with?

Additional thoughts and feelings?

Sketch your activity:

DAY 5

— / — / —

What is the point/objective of your activity?

Where and when is this taking place?

Who are you interacting with?

Additional thoughts and feelings?

Sketch your activity:



DAY 6



What is the point/objective of your activity?

Where and when is this taking place?

Who are you interacting with?

Additional thoughts and feelings?

Sketch your activity:



DAY 7

— / — / —

What are some choices you made or actions you took that proved helpful to your self-learning through this journaling process?

Revisit your first entry. Were there any theories or hunches that you had about your activity that were validated through this reflection process?

What is your main take away after this experience? (Goals, daily journaling, etc.)

After journaling your daily activity, what are some things that surprised you?

What are some changes you'd like to make?

Awesome! Thank you for participating.

Please upload your reflections to
reflectnotebooks@gmail.com and post your
favorite page on social media using the
hashtag #reflectnotebooks

