

Reflection Journal



2019

Journaling

“THE PURPOSE OF LIFE IS TO LIVE IT, TO TASTE EXPERIENCE TO THE UTMOST, TO REACH OUT EAGERLY AND WITHOUT FEAR FOR NEWER AND RICHER EXPERIENCE.”

- ELEANOR ROOSEVELT

A Journal is different from a Diary. Diaries keep track of what's going on around you. Journal's help you reflect on what's going on within you. Keeping a Journal is like carrying on a continuous conversation with yourself. This reflection Journal will assist you in learning more from the experience and help you introduce this into your daily routine.

Reflection is a Cyclical Process as depicted in the picture below:



The recording of your thoughts as part of this process (reflecting) “leads to improvement and/or insight”. Improvements could mean progress, development, growth, maturity, enhancement or any number of words which could imply change.

Tips:

- ✚ Set aside a bit of time each day.
- ✚ Allow what's in your mind and heart to flow. What you write doesn't need to be deep or profound or earth shattering. It just needs to be you.
- ✚ New learning experiences like this Journal can provide you with lots of information. Write about your day's experiences and your reactions. Jot down the experiences and feelings that came your way today and lingered on.
- ✚ If you think about something to write about during the day and you don't have time to make a full entry, pull out your Journal or scribble a quick note to yourself – jot down a few words that will help you to recall the thought or feeling. Journals are a great place to pack your thoughts for later.
- ✚ If you think best in sentences and paragraphs, write that way. If key words and phrases work for you, do that. And, if your mind connects best with colour and line, draw your way to a successful Journal.
- ✚ Honest is the more important ingredient for successful Journals.
- ✚ Don't censor yourself, write what comes to mind. These are your thoughts and feelings, there is no right or wrong. No-one is going to mark you on the content.
- ✚ A Journal is not a work log of tasks, events, times and dates.
- ✚ Write freely, Grammar/Spelling should not be stresses in your writing until the final draft.
- ✚ Write an entry after each task. If you can't write a full entry, jot down random thoughts, images, etc. which you can come back to later and expand into a colourful verbal picture.

Finally, remember that Journaling should also be fun and relaxing – and make it so




“VISUALIZATION IS THE HUMAN BEINGS VEHICLE TO THE FUTURE – GOOD, BAD OR INDIFFERENT. IT’S STRICTLY IN OUR CONTROL.”

- EARL NIGHTINGALE

This exercise requires you to let your creative side out. Start off with a white piece of cardboard or a blank slide in PowerPoint. Think about your life going forward and write down/stick pictures of your Ultimate Goal. As well as the things you will need to achieve to get there. Use what has personal significance to you.

This is a visual representation of the goals you have set yourself. When you are feeling overwhelmed and a little lost, come back to this board and reflect. It will help you make your decisions.



“LOOK AT THINGS NOT AS THEY ARE BUT AS THEY CAN BE. VISUALIZATION ADDS VALUE TO EVERYTHING. A BIGGER THINKER ALWAYS VISUALIZES WHAT CAN BE DONE IN THE FUTURE. HE ISN’T STUCK WITH THE PRESENT.”

- DAVID SCHWARTS

I hope that you have gained inspiration and taken the steps towards making a positive and consistent change to your outlook and in turn your life.

These are just a few of the tools that we use in our Personal Mastery courses. If you would like to take the step towards a new you, contact us.

As an additional gift to you, I have included additional self-reflection questions to take you down that road of Personal Improvement.

Thank you and warm regards

Gareth Lee

- 1) Every day write three things down in your Journal:
 - ❖ A positive thing that happened to you today.
 - ❖ A question to yourself. This can be about anything, your hopes, your dreams, a challenge you are facing but don't answer it yet.
 - ❖ A reflection and answer to the question you asked yourself the day before.
- 2) When last did I push the boundaries of my comfort zone?
- 3) What one small act of kindness was I shown that I will never forget?
- 4) Do I say NO to what doesn't serve me?
- 5) Do I make Time for me?
- 6) What is the one thing I would like others to remember me by at the end of my life?

"I WOULD VISUALIZE THINGS COMING TO ME. IT WOULD JUST MAKE ME FEEL BETTER. VISUALIZATION WORKS IF YOU WORK HARD. THAT'S THE THING. YOU CAN'T JUST VISUALIZE AND GO EAT A SANDWICH."

- JIM CARREY