

REFLECTION & JOURNALING



Journaling is an important part of reflection, especially in adult learning. Adults learn best and have better retention when they consciously take time to reflect on their learning. Professionals in many different disciplines have used journaling as an active recall process, to capture an array of ideas and feelings that can be drawn upon later. A journal provides a personal and private way to track key moments. If you use it regularly, you will capture your greatest successes, as well as those times when your choices maybe weren't the best. New strategies and tactics can later be deduced from these writings.



SOME JOURNALING BASICS

- Set up a regular time to write in your journal (like we will do at the end of each day at Beacon).
- It's best to write down your ideas and feelings in a free-flow style, without worrying about details, grammar or punctuation.
- Try to think of "prompts" that will help you get started in the practice of journaling. You'll find some examples of these on the back of this card.
- If you get "stuck" during your regular journaling time, write whatever comes to mind. Then later on, re-read what you wrote and reflect on why you were stuck at that particular time.
- Over time, your experiences and thoughts will help you better understand your own behavior. Try to build on this understanding in your reflections.



SOME JOURNALING PROMPTS

**SOMETHING I LEARNED
TODAY ABOUT
LEADERSHIP IS...**

**ONE "AHA"
MOMENT I
EXPERIENCED
TODAY WAS...**

I DISCOVERED THAT...

I NOTICED THAT...

**RIGHT NOW, I AM
FEELING...**

**I REMEMBERED
THAT...**

**I WAS SURPRISED
BY...**

**I RE-LEARNED
THAT...**

I WAS DISAPPOINTED BY...

**I WAS WRONG
ABOUT...**

I PLAN TO...