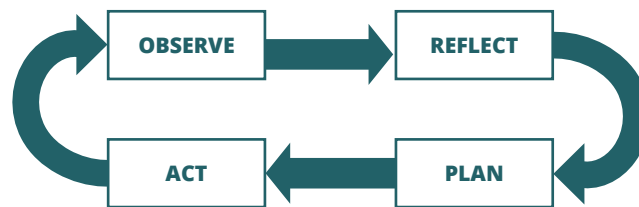


# Guided reflective journaling

People have been keeping diaries for thousands of years to track thoughts, feelings and even just to record best practices for their craft. Since the 1960s, however, the act of recording one's thoughts has been recognized as an important therapeutic skill (Progoff, 1966).

The basic premise of reflective practice is that reflecting on observations we make over the course of a day gives us the opportunity to plan improvements and then act on them. We may then observe the results of our actions and continue to reflect, plan and act. The reflection component is crucial to this loop because without it, the plans we make may be insufficient or entirely inappropriate for the situation's demands.



Guided reflective journaling involves planning out a series of prompts across a variety of topics, and then scheduling when you will write about each. The following are some examples.

- DESCRIBE**
  - What would have to happen right now for you to become the calmest, happiest version of yourself?
  - What are you thankful for today? What are three things you appreciate right now?
  - On a scale from 1-10, how do you feel about your life right now? Why did you choose this number?
- REFLECT**
  - If you could say anything right now to the person you love the most, what would you say?
  - Who are you grateful to today? What have they done to make you feel this way?
  - Think of someone in your life who always says the right thing. What would they say to you today?
- INTERPRET**
  - Looking back over the last 24 hours, what would you have done differently? Why?
  - What would you do right now if you knew you couldn't fail? Why?
  - More than anything else, where would you prefer to be right now? Why?
- SPECULATE**
  - How could you get someone else to help you with something important this week?
  - If you could go back in time and tell your younger self something about this week, what would you say?
  - What would you like to accomplish for yourself next week? Why is this important to you?