

## BSC Reflection Journal Prompt Move to Action through Reflection: Identify. Reflect. Write.

## Value to YOU

Reflection Journaling allows you to evaluate your experience, make an intentional decision, and grow with purpose. It gives you the opportunity to pause and learn from your experience. You can generate new ideas, determine how to approach a difficult situation, strengthen your skills and abilities, or stop doing something.

## Journal Prompt

- 1. **Identify** Choose a reflection topic and find a place that is comfortable and away from distractions.
- 2. **Reflect** Look in the mirror and determine where you are today. Take time to listen to your thoughts and challenge yourself on what you are thinking and why.
- 3. Write Journal your reflections and next steps to move to action.

| Date:     | /         | _/          | Reflection 1     | opic: | <br> | <br> |
|-----------|-----------|-------------|------------------|-------|------|------|
| Journal:  |           |             |                  |       |      |      |
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|           |           |             |                  |       | <br> | <br> |
| Next step | s to move | e my reflec | tions to action: |       |      |      |
| 1         |           |             |                  |       |      | <br> |
| 2.        |           |             |                  |       |      |      |
|           |           |             |                  |       |      |      |
| 3.        |           |             |                  |       |      |      |

Look in the mirror and reflect, "Am I leading ME?"

Becky S. Corbett, MSW, ACSW, President & CEO

BSC supports you through your organizational, professional, and personal growth.