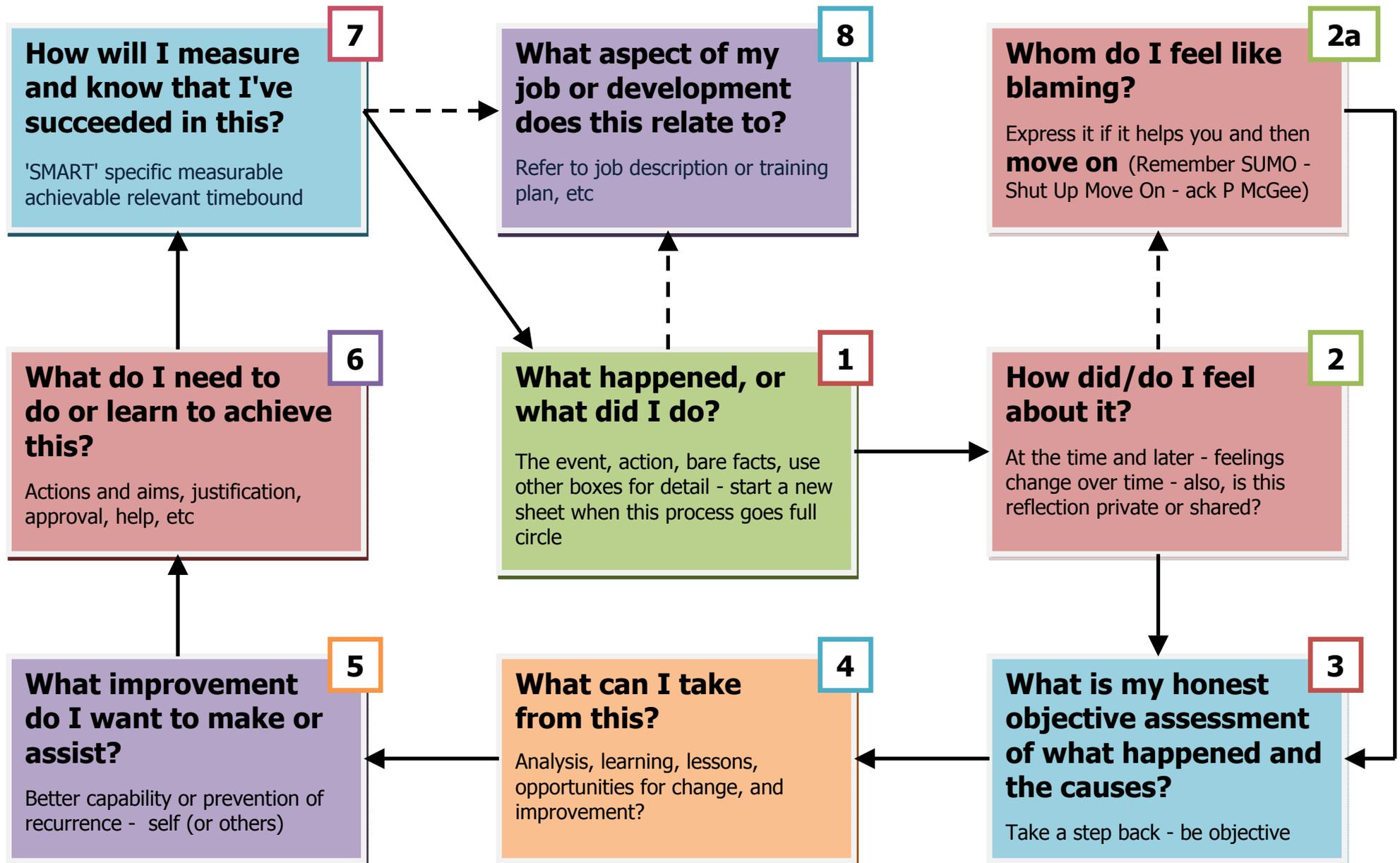


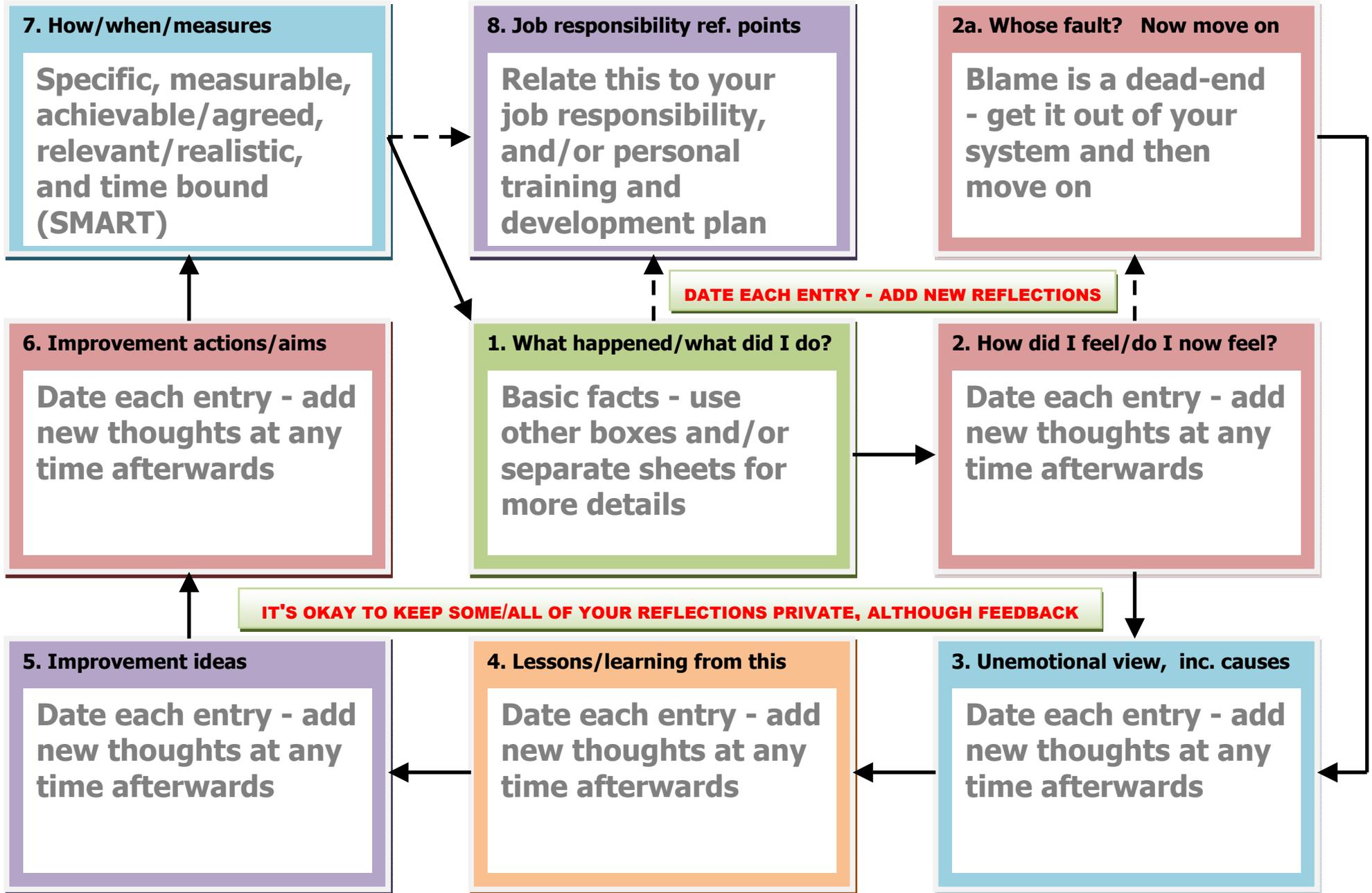
Reflective diary/journal process and notes

- each stage is optional - seek feedback where helpful
- write only what you want, and when you want
- date each entry - add new thoughts later whenever
- use the 'root' template for each issue/event

- start new 'root' sheet when loop goes full-circle
- use supplementary sheets as necessary
- refer supplementary sheets back to 'root'
- use a folder or ring-binder for all sheets

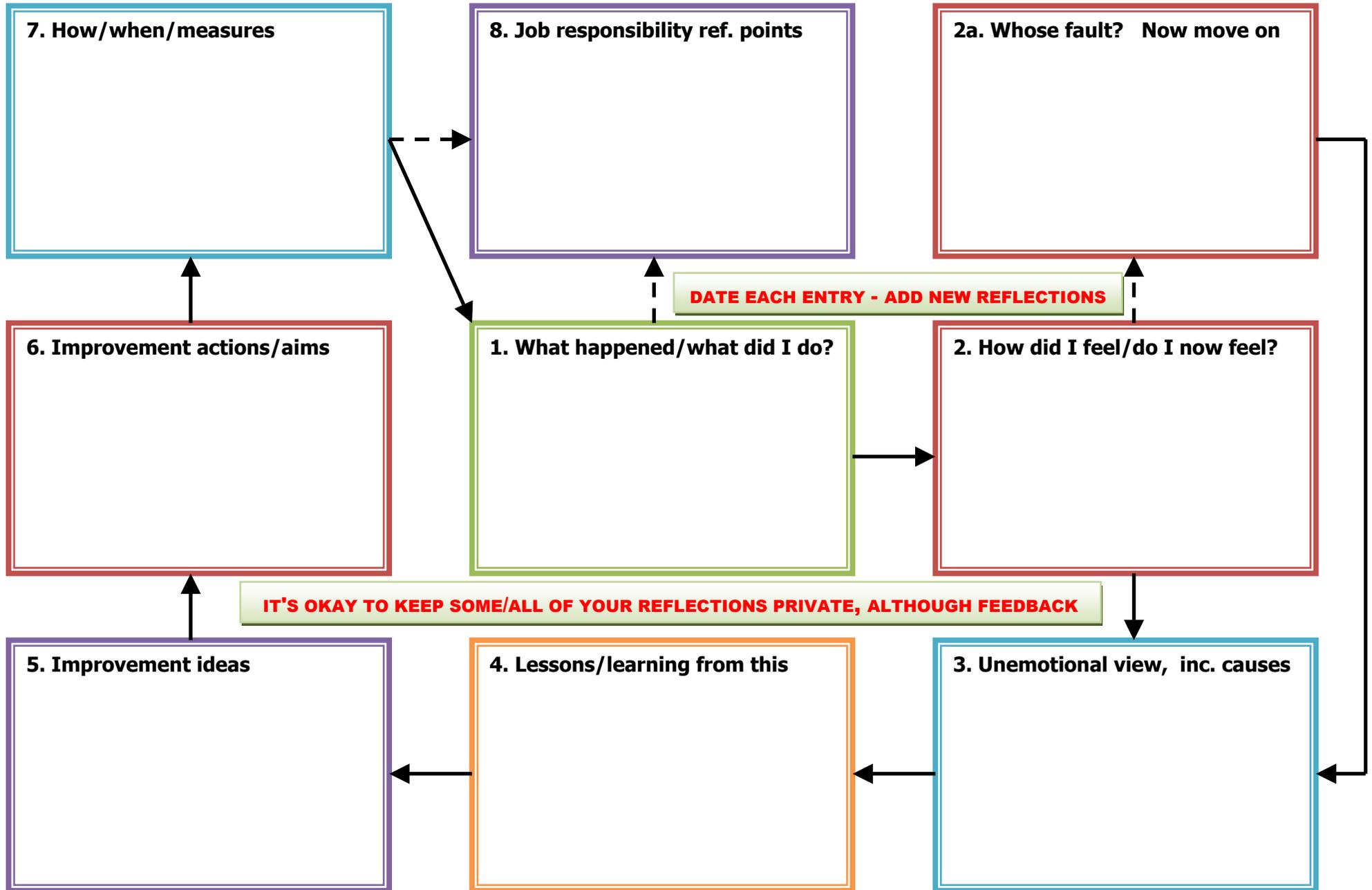


Reflective diary/journal 'root' template Use blank root template if you wish - See process/notes sheet. Ref: _____



'ROOT' AND/OR QUICK NOTES TEMPLATE - WHERE NECESSARY USE SUPPLEMENTARY SHEETS AND REFER BACK TO THIS 'ROOT' TEMPLATE - KEEP IN A BINDER/FOLDER

Reflective diary/journal blank root - Use supplementary sheets as necessary - See process/notes sheet. Ref: _____



'ROOT' AND/OR QUICK NOTES TEMPLATE - WHERE NECESSARY USE SUPPLEMENTARY SHEETS AND REFER BACK TO THIS 'ROOT' TEMPLATE - KEEP IN A BINDER/FOLDER

