

The Doubler



Week Four - Reflection

What does it mean to be self-reflective? Are you good at it?

We have talked before about what it means to reflect.

You can reflect by looking in a mirror or looking “behind” you.

Reflecting is a way of looking at the way we do things, and deciding if we should do it the same next time, or change something.

How can self-reflection help us at work?

How can we prioritize time for self-reflection?

21-day challenge: The Doubler

Today, we are going to look back and reflect on the impact of The Doubler tactic.

When we reflect on our time with our doubler journals, we are going to use this sentence frame:

“When it comes to journaling, I used to think _____,
but now, I think _____.
One thing that has changed is _____”

Weekly To-Do's:

1. Make sure you've completed your 21-day Doubler challenge!

Alternative Discussion

- Was it difficult for you to reflect?
- Do you think self-reflection provides a positive change for you?
- What evidence do you have of a change?
- Is this tactic something you can see yourself doing in the long run?
- What is one thing you can do to make this tactic sustainable?