

The Doubler



Week Four: Reflection

Pework Expectation: Watch James Schmidt's TED talk [here](#).

Learning Objective: (“Each participant...”)

- Can reflect back on their 21-day Challenge and determine the importance of The Doubler tactic.
- Will discuss the importance of being able to look back and decide where the tactic had an impact on their life and work, or not.

Essential Concept:

Self-awareness and recording positive experiences

Skills Required:

- Communicate Clearly
- Writing from personal experience
- Use information creatively

Opening question(s):

“What does it mean to be self-reflective?”

Or

“Are you good at being self-reflective?”

Thoughts for Consideration:

- 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.

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Connecting This Lesson to Our Work:

- How can self-reflection help us at work?
- Do we prioritize time for self-reflection?

Action:

Today, we are going to look back and reflect on the impact of The Doubler tactic. (Participants may need to start their reflection time by physically looking at their journal).

“ 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!

Alternate Discussions:

- 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?