

Coping and Growth-Focused Journaling During Rapid Cycle Change

For some, writing down thoughts and feelings allows a person to understand themselves more clearly. It allows a person to observe and learn about their thoughts and emotions in a more concrete way. Journaling gives a person an opportunity to **examine their feelings and strengthen your self-awareness** by viewing thought processes and emotions from more of an outside perspective, which can help identify opportunities for growth as well as track moments of brilliance. The National Council suggests journaling at the same time daily, allowing oneself the space to start a ritual of contemplation. Even if a person cannot think of what to say, it is worthwhile sitting for the full five minutes and allowing the space for examination.

Week of _/_/___	Today was good because...	I could have done without...
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

A year from now I want to still be doing _____ from this week.

Rapid Cycle Adaptive Leadership Journaling

For some, writing down thoughts and feelings allows a leader to understand themselves more clearly. It allows a leader to observe and learn about their thoughts and emotions in a more concrete way. Journaling gives a person an opportunity to **mark successful strategies and what has been learned from unsuccessful strategies** by viewing thought processes and emotions from more of an outside perspective, which can help identify opportunities for growth as well as track moments of brilliance. The National Council suggests journaling at the same time daily, allowing oneself the space to start a ritual of contemplation. Even if a person cannot think of what to say, it is worthwhile sitting for the full five minutes and allowing the space for examination.

Week of _/_/_	My biggest success today was...	My biggest stressor today was...
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

A year from now I want to remember this is the week that _____ happened.