REFLECTION DIARY

| **FACT** What specific activities did you conduct? Describe in detail what happened during these activities. Focus only on objective facts: What have you been doing? How did people respond? Did you notice any interesting facts? What was one of the challenges you faced while doing this activity? How did you figure out the solution? |
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| **FEELINGS** How did you feel during these activities? Reflect on your emotions and reactions. How did other people involved feel during the activities? Observe and describe their emotional responses. |
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| **FINDINGS** Based on what happened and how people felt, what did you learn during these activities? Abstract from what you observed and consider how you can generalize these learnings. What broader insights can you draw from your experiences? |
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| **FUTURE** How will you apply what you have learned in the future? Think about how you can apply these lessons to other challenges you face. How can what you learned in this activity be applied to your life and work? What advice would you give to another group working on this activity based on your experiences and insights? |
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