



Welcome to the MMW Guided Practice Journal for this Seeds Training module.

The Make Meaningful Work Guided Practice Journal records observations and provides explicit moments at which to stop, be present, reflect on and record what you have learned as a result of the experience of working with others.

The following pages are designed to enhance your learning experience. They will only work if you use them.

The benefits of taking an opportunity to engage with the journal templates are:

Reflection – It's valuable to take time to absorb any new experience. Pausing to reflect helps us to see ourselves more clearly and gives us an opportunity to pinpoint our strengths, challenges and habits.

Recursion – When your brain puts information into your own words, it becomes more memorable and more personally significant.

Application – The goal of this MMW journal is not only to remind ourselves of what we have learned, it is ultimately where we want to map out our intended application of what we have learned. Now that we have a new piece of learning, what are we going to do with it? How can we use it to improve ourselves?

Planning – Once we've identified something new or different to practice, we can define the next steps so that we are taking action.

Simply follow the instructions on each page to capture your key learnings from each module.



Reflect on your experience in this module. Here are some key questions to get you started:

What did I experience during this session?

What information was memorable?

What feelings came up for me today?

What can I learn from this session?

How can I apply what I've learned?

Our goal is to take action with what we are learning. Identify some ways to PRACTICE new skills and mindsets. Here are some questions to consider:

What is an outcome that I want?

What is something new or different that I am willing to try in an effort to create a better result?

What could I be doing more regularly to help me get the outcomes I want?

What specifically do I need to practice? How? How often? With whom?