

lost x found

YOUR GUIDE TO WEEKLY REFLECTION PRACTICE



THE BASICS

WHEN?

Once per week, preferably at the same time and on the same day. Monday mornings to set your tone for the week? Or perhaps you'd prefer a Sunday afternoon to wrap it up? Or in the middle of the week when there's still enough time for action?

WHERE?

Ideally a neutral space - somewhere that isn't home and isn't work. Try and make it an enjoyable experience - go to a coffee shop or treat yourself to breakfast. You could even sit in the park or near the beach, anywhere as long as it makes you feel good to be there.

HOW LONG?

Allow an hour. Depending on your schedule or enthusiasm this can be longer or shorter.

WHAT DO I NEED?

A pen and notebook that's only for this purpose. It's wonderful to see the book fill up. Typing your reflection is not the same, there is something about pen to paper that extracts a vulnerability that we don't give to machines.

HOW DO I START?

Start by writing the date, time and location and then answer the following questions.

lost x found

THE QUESTIONS

The questions are centred on how you felt. So focus on moments where you were feeling good, rather than when something good happened to you. For example, signing a new lease on a place might be a weight off your mind, but perhaps it didn't feel as joyful as you'd thought. Focus on when you actually felt really good, even if it's unexplainable, or when something didn't feel good even though it should have.

1. When did I feel good this week? Why did I feel good? What contributed to this feeling? What does it tell me about myself?

Think about all the moments including ones of unexplained joy. Perhaps you just remember feeling especially happy, smiley, chatty or in a good mood when getting your coffee or riding to work. These are often far more insightful moments than moments of expected joy such as getting a new job, closing a big deal or having a nice meal with friends. It's important to recognise both, but don't overlook the small ones.

This series of questions should force you to really think about why you were so happy in that moment, and it's often there that you will find real insights.

2. When did I feel not so good? What was I doing? Why didn't I feel good? What does this tell me about myself?

Now think about those moments of sadness, discomfort or unhappiness. Perhaps you felt a little "off" or empty. Again, focus on how you felt. It doesn't necessarily mean you were sad or angry, it can be any emotion that just wasn't "good". Again, these moments often hold more insight than when something awful happens and you of course will feel down. You also might surprise yourself. Perhaps you've been looking forward to a particular occasion or piece of news, and when you got it, you just didn't feel quite as overjoyed as you had hoped. Why do you think that is?

3. Review - Read through all your answers

Make sure you have gone through the series of questions for any moment that springs to mind. No limits. Some weeks one list will exceed the other, or they will both be overflowing. Other times there won't be very much you can draw upon at all.

4. Commitments - What can I commit to in the next week to bring more good into my life?

Use what you have learned from this week to drive your commitments for next week. For example, you might have noticed that you felt particularly good after a meeting at work and had a spring in your step. When you start deep-diving you realise that it's because you knew what you were talking about, spoke up confidently and ultimately you were prepared. So if it's preparation that drives your confidence, next week your commitment might be to allow half an hour to yourself to prep before any important meeting. It could be that you really enjoyed your morning coffee and when you dig into why, it's because you didn't feel rushed and you had enough time to sit in the cafe and relax before coming into the office. A suitable commitment would be to do that at least once this week and plan it into your schedule.

WHAT'S NEXT?

Remember that each week will be different for you. As you practice self-reflection more regularly, you can add in other sections or commentary as you see fit. I like to look at my values, annual themes (instead of resolutions) and my [core desired feelings](#) as well, but this guide is the perfect starting point.

Within one month you should start to see patterns, and within three to six months you should start to feel a real mindset shift. After three months hold a celebratory session, your own quarterly review. Spend time reading all of your entries and noting common themes, and recurring commentary. Highlight any areas that you have made great progress, and any persistent issues that you continue to ignore.

For more tools and templates to continue building on this process, join my newsletter at lostxfound.co