

LEADERSHIP JOURNAL - EXERCISE

Note: It helps to do the below exercises on a regular basis and return to them frequently.

Journaling about this learning experience

- What connections are you making between what is going on in this module (the learning, the input, the exercises, the sharing and interactions...) and your workplace experience?
- How do the theories/input covered by the various modules connect with what you have learned or experienced in other settings?
- From what you have experienced so far, what is the one learning or insight that touched you the most?

Take the time to elaborate your answers in writing. Feel free to go back to what you have shared and add to it as you move further in the learning experience.

Journaling about my call to leadership

Everyday we are invited to respond to being called to leadership in service of our mission. Make it a ritual to reflect on the below question on a regular basis. Collect your answers in writing.

How do I relate to the leadership calling that is being addressed to me today? What supports a generous answer from my side? What is holding me back from leading? After some time, go back to your answers and notice the evolution of your response.

Harvesting my journal

I take some time to read through the various journal entries that I may have written in the past month.

- What have been my areas of focus in the last period? Are there common themes?
- What catches my attention? What experiences and understandings stand out for me as I am reading?
- To which extent do my previous entries reflect my internal state at that moment? How is this revealed in my expressive writing?
- What do I feel as I am reading what I wrote?
- Does what I have recorded in the past period still resonate with me today?
- Do the interpretations I made still make sense?
- From where I stand today, are there elements that I previously wrote that I am now open to reconsider?
- How honest have I been in my writing? What elements did I seem to miss or avoid writing about?
- How useful is this practice to me? How can I become more intentional about it?

ADDITIONAL EXERCISES

See the exercises and handouts on Listening from Module 2