

STEP 3: LEADERSHIP REFLECTION JOURNAL

The Purpose

An important part of the learning process is the “reflection” process. To reflect means to take time out and assimilate and absorb the experiences of your life.

For any level of Leadership Certification, it is expected that you will write a minimum of 1-page per month. This journal will help you better process what you are learning. Some questions you may want to ask yourself include:

- What are you learning in class?
- What are you learning from the relationships in your life?
- What are you learning from the projects in which you are involved?
- What are you taking away from your mentor discussions?
- What new skills and/or experiences are you having at work?
- What are you learning from the speeches or trainings you are attending?
- What core interests and values are showing up for you?
- What are you beginning to see in your future that you didn't see before?
- What new goals are emerging within you?
- What new strengths or challenges are you beginning to notice?
- Who are some of the important people you are meeting? What do you appreciate about them?
- How are you changing because of your experiences?
- How might you apply this principle in your life?
- What new insights have you gained through your experiences?

This reflection is an important part of the Certification. Make sure and take advantage of it. It will help you identify and gain more from your leadership experiences.

Keep your journals in this section. They will be reviewed periodically with a final review at the end of your Certification.