Catalyst Reflection Journal™

Companion to Becoming a Catalyst | *John Coné*

Making the Identity Transition Visible

Use the Reflection Journal after an important meeting, request, intervention, or meaningful piece of work. Its purpose is not to score yourself as a Catalyst. It is to notice the identity underneath your choices and learn from practice.

• What did I notice first?

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• What solution occurred to me first?

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• What did I assume was mine to solve?

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• What question would I have asked if I were thinking as a Catalyst?

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• Where did I enable capability—and where did I inadvertently create dependence?

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• What might I try differently next time?

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Team Reflection

• What happened?

• What surprised us?

• What did we learn?

• What assumption changed?

• What will we try differently?

• Who else should know?

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