Repeat Use Reflection Journal

Becoming a Catalyst | John Coné

CATALYST REFLECTION JOURNAL™

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?

_____

What did I assume was mine to solve?

_____

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

_____

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

_____

What might I try differently next time?

_____

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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