



Participant Journal

Pre-Meeting Reflection Page

Date: _____

Meeting Theme: _____

1. How am I feeling right now? (circle or write)
- Calm / Anxious / Tired / Hopeful / Overwhelmed / Other: _____
2. What do I want to bring into this meeting?
3. Is there something I'm hoping to share or explore today?
4. What is one thing I can do to stay grounded during the meeting?

Meeting Notes / Reflection Page

Date: _____

Theme: _____

Sharing Reflections:

- What I heard that resonated with me:
- Something I related to personally:
- A new perspective I appreciated:

Personal Reflections:

- Feelings that came up:
- Thoughts I want to remember or explore further:

Action / Self-Care Reminder:

- One thing I can do for myself this week:

Post-Meeting Reflection Page

Date: _____

1. How am I feeling now compared to before the meeting?
2. Did I share, listen, or both? How did that feel?
3. What is one insight I gained from today's meeting?
4. Is there anything I'd like to carry forward into the week?
5. Optional creative expression:

Doodle, write a quote, or note a feeling word: _____

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