



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: _____