### Reflective Writing: What Do You Notice?

This activity will help you become a reflective practitioner. Record your answers and thoughts in your personal notebook.

* + 1. For this exercise you will need your pen, a notepad, and a minute timer. For this writing exercise, set aside ten minutes in which you will not be disturbed by people or telephones or other things, like pets.
		2. Write. Start this writing exercise with this “writing stem”:

**In this era of social and economic change, I notice that…**

* + 1. Write for ten minutes without lifting your pen from the paper. If you get frustrated, write out your frustration. Put down your ideas onto the paper. When you feel stumped and not able to go on, come back to the writing stem and begin again. Begin as many times as you need to.
		2. Go for the jugular. Write what comes up for you as you start with this writing stem. Trust your thought process. Write it on the paper before or as you think it, not afterward.
		3. At ten minutes, stop.
		4. Take a couple of minutes to tune in to your body. Where is the tension in your body? Where do you feel energy? Don’t try to change anything, simply pay attention to what is.
		5. Read what you wrote during the ten minutes. If possible read it aloud so that you can actually hear the words and what you said.
		6. What sense do you make of your writing? Do you see any patterns or common themes emerging in your free writing? What connections do you make?
		7. The act of actually writing out your responses to these questions will help clarify your thinking. If you are unable to respond to the questions easily, review the chapter again and then return to the questions.