

J.O.U.R.N.E.Y. – Reflecting on your path of growth

The JOURNEY Debrief is your tool for reflection and integration after a coaching session or significant experience. It invites you to revisit the JOURNEY principles – Joy, Openness, Understanding, Resilience, Navigation, Exploration, and saying "Yes!" to "You" – and explore how they manifested throughout your journey. This process allows you to deepen your self-awareness, celebrate your progress, and chart your course for continued growth and discovery. Take some time to thoughtfully respond to the prompts and integrate the valuable lessons you've learned.

Let's get started!

Joy: Find joy and fulfillment in the process of growth and discovery. Embrace the adventure with a sense of curiosity and wonder.

What moments of joy or fulfillment did you experience during this journey?

What brought you a sense of satisfaction or accomplishment?

Openness: Embrace new experiences and perspectives with an open mind. Be receptive to different ways of thinking and doing.

What new perspectives or insights did you gain?

What surprised you or challenged your assumptions?

Understanding: Seek to understand yourself and the world around you. Deepen your self-awareness and expand your knowledge.

What did you learn about yourself, your values, or your motivations?

What did you learn about your strengths and growth opportunities?

Resilience: Develop the ability to bounce back from challenges and setbacks. Cultivate inner strength and perseverance.

What challenges did you encounter?

How did you demonstrate resilience in overcoming them?

Navigation: Use your inner compass and the tools available to guide your path. Stay focused on your True North and make conscious choices.

What's the Plan? What strengths, skills, or knowledge can you leverage? What people, tools, or information can support you?

True North Calibration (T.N.C.)

Choose **one** specific area related to your inner compass that you want to improve.

Identify **two** small, specific actions you can take **consistently** for the next **three weeks** to work on this area.

How will you know when you're successful? What will you do to celebrate?

Exploration: Venture into uncharted territory and discover new possibilities. Embrace the unknown with courage and curiosity.

What was uncovered in this session?

How did that make you feel?

If you don't think about it differently, you may/will...?

What should you further explore?

Yes!: Embracing opportunities with enthusiasm and a positive attitude. Saying "yes" to new experiences, challenges, and possibilities.

What opportunities did you say "yes" to?

How did embracing these opportunities contribute to your growth?

You!: Prioritizing self-care, self-compassion, and self-love. Recognizing that personal growth starts with taking care of yourself and honoring your needs.

How did you practice self-compassion when faced with challenges or setbacks? How did this impact your ability to learn and grow?

What did you do to nurture your relationship with yourself? How did you honor your needs and prioritize your own well-being?