

SAMPLE REFLECTION QUESTIONS:

- ▶ What from your learning today caught your attention, and why?
- ▶ What feelings came up for you because of the work you did today?
- ▶ What is a key insight that you are taking away from today?
- ▶ How, if at all, has today's learning changed your thinking?
- ▶ How does what you learned today relate to what you've learned already (either through this challenge, other learning, or life)?
- ▶ What will it take for you to apply what you learned today?

Adapted from the [ORID Focused Conversation Method](#), based on the original work of Laura Spencer.

DAY	TOPIC	REFLECTION
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Use this log to reflect after each day's challenge. Share your thoughts with us on social media using the hashtag #DVAMChallenge.