

Reflecting for Change

Facilitation Guide

What is it?

Building the habit of critical reflection prompts important understanding of ourselves, our values, and the interrelated systems that surround us. Sharing these ideas with others provides the opportunity to multiply these benefits. Use this short reflection to practice critical reflection and consider how this practice might be scaled up within your community contexts.



Why use it?

The Principled Innovation framework defines reflection in the following way:

Reflection is making the time and space to process our thoughts, feelings, and experiences, in order to take meaningful action moving forward.

Taking the time to mentally “debrief” our experiences is an important Intellectual asset for personal change. Understanding *what* factors—including both internal and external factors—got us to where we are is an important part of systems thinking (Practice **I1**). Understanding *why* these experiences are important to us surfaces the fundamental values (Practice **M1**) that can drive our decision-making (Practice **M2**) in the future.

This effect is multiplied when we share our critical reflections with others. Hearing others’ critical reflections facilitates both perspective-taking (Practice **C2**) and the sharing of values (Practice **M1**) and allows us to prototype and iterate the seed ideas that may ultimately grow into sustainable innovations.

What you need

- Time: 10-20 minutes
- Article: <https://www.edutopia.org/blog/reflecting-for-change-journaling-blogging-rafranz-davis>

Instructions

Read the article linked above. Then, reflecting on today or yesterday, try to answer questions posed by the author’s college professor:

1. List three things you did well. Why was it important that these went well?
2. List three things you would improve. Why is it important that these improve?

Then, think of how reading others’ critical reflections in published work—whether articles, books, or blogs—has affected your life. Describe one or two ways that sharing your own critical reflections (whether the ones you just wrote, or those you might write in the future) could become experiences shared with others, whether people in your team, organization, or the larger community.