

A Seven-Day Reflection Practice

A gentle workbook for noticing experience, clarifying values, and choosing a small next step

SAMPLE MANUAL / FREE BETA EDITION

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How to use this manual

Read one section at a time. Complete the exercises in a notebook, then return to a section that helps with a real question. The examples and prompts are illustrative. No external research findings are claimed.

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Reader feedback

Tell us which instruction was useful, which was unclear, and what you would like expanded. Woguru sample editions are offered free while the library and feedback process are tested.

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Prepare your practice

Keep it simple

Set aside ten quiet minutes and use a notebook or a private document. Choose a time that fits your routine. You may skip a prompt, write one sentence, draw, or stop. The purpose is to explore your experience without demanding a particular emotional result.

A repeatable page

Date; what happened; what I noticed; what matters to me; one small next step. Write concrete events before interpretations. “I postponed a call twice” describes an event. “I am unreliable” is a broad judgment that deserves examination rather than automatic acceptance.

Privacy and boundaries

Decide where your notes will live and who can access them. Avoid recording another person's private details unnecessarily. If a prompt brings up distress, leave it and choose an ordinary topic such as your surroundings or tomorrow's schedule. Seek appropriate support if needed.

Before you begin

Write what you hope to learn and what would make the practice manageable. Do not use this workbook to diagnose or treat a condition. It makes no medical, psychological, or supernatural promises. It is a set of optional writing exercises.

Days 1 and 2: notice

Day 1 - describe one moment

Choose an ordinary moment: preparing tea, walking to a room, or finishing a task. Write what you could observe with your senses. Then record your interpretation separately. Finish: "One thing I noticed that I usually overlook was..." There is no requirement to find a profound meaning.

Example

Event: I closed my laptop after a meeting. Observation: my shoulders felt tight, and the room was quiet. Interpretation: I thought the meeting had gone badly. Question: What specifically happened that supports that interpretation? What other reading of the event is possible? This is an example, not an explanation of your experience.

Day 2 - observe your attention

List three things that drew your attention today. For each, note whether you chose it or were interrupted. Pick one small adjustment for tomorrow, such as silencing a nonessential notification during a task. Consider obligations before making changes that affect other people.

Space to write

Moment: _____ Observation: _____ Interpretation: _____
_____ Question: _____ Small adjustment: _____
_____. Use your notebook for longer responses. You can repeat a prompt instead of moving to the next day.

Days 3 and 4: clarify

Day 3 - name a value

Recall one choice that felt worthwhile. What mattered in it: curiosity, kindness, reliability, creativity, fairness, or something else? Define the value in your own words. Then describe one visible action that could express it. A value is easier to explore when connected to behavior.

Example

If curiosity matters, a small expression might be asking one sincere question before giving advice. If reliability matters, it might be making a realistic commitment instead of promising too much. These examples can conflict in a busy day; reflection includes deciding what deserves attention in context.

Day 4 - inspect a borrowed expectation

Complete: "I feel I should..." Choose an ordinary expectation. Where did it come from? Do you endorse it? What purpose does it serve? What would a fairer, more specific version sound like? You can question an expectation while respecting the people who taught it.

Space to write

Value: _____ My definition: _____ One action:
_____ Expectation: _____ A revised version:
_____. Avoid turning an exercise into a verdict about your worth or another person's character.

Days 5 and 6: act

Day 5 - examine a decision

Choose a small, reversible decision. Write two options, the likely benefits and costs, and what you do not know. Name one thing within your control. Pick a next step that respects your time, responsibilities, and resources. You do not need to solve a major life question today.

Example

Decision: whether to try a new reading routine. Option A: read for ten minutes after dinner. Option B: read on the commute when practical. Unknown: which fits reliably. Next step: try one option for three days and note whether it fits. This is an experiment in routine, not a test of discipline.

Day 6 - notice connection

Recall a moment when someone helped, listened, or made a task easier. Write what they did and why it mattered. If appropriate, consider a simple acknowledgement. Do not feel obliged to contact anyone, disclose private feelings, or reconnect with a person you prefer to avoid.

Space to write

Decision: _____ Options: _____ Unknown: _____
_____ Reversible step: _____ Helpful moment: _____
_____ What mattered: _____. You can keep every response private.

Day 7: review and continue

Look back without scoring yourself

Read your notes. Identify one repeated theme, one surprising observation, and one prompt you would leave behind. Missing a day is information about the routine, not proof of a personal failing. Ask which format made writing easiest: a sentence, a list, or a longer paragraph.

Design the next week

Choose one practice to repeat, a realistic frequency, and a stopping point. For example: write three sentences twice next week, then review whether it was useful. Keep the commitment small enough to change. You do not need to turn reflection into another performance target.

Optional meaning prompt

What gives an ordinary day a sense of meaning for you? You may answer through relationships, service, faith, learning, art, nature, or another perspective. Different people interpret meaning differently. This workbook does not present a belief system as an established scientific finding.

Closing worksheet

What I noticed: _____ What I value: _____ What remains unclear: _____
One next step: _____ Review date: _____
_____. Return to these notes only if doing so feels useful. These are original reflective prompts, not a clinical program.