Articles & Insights

A companion worksheet for turning an article into practical change.

1 | Read with a purpose

Type in the shaded boxes and save a copy. You may also print and write by hand.

Name (optional) / date

Use this reusable worksheet with any article or blog post. It is a reflection companion to your Articles & Insights resource.

Article title / author / link

What question or challenge did I bring to this article?

One teaching point I want to remember (in my own words)

Where do I see this pattern in my work or life?

What feels useful, and what needs more evidence or clarification?

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2 | Put one insight into practice

What do I want to understand or do differently?

One small action or skill I will practice

When and where will I practice it? What might get in the way?

What support, reminder, or adjustment will help me follow through?

Review date and observations: What changed, and what will I try next?

Relief helps you recover from pressure. Skills help you respond differently when pressure returns.