



EARTHE

Activity 2

Digital toolkit for innovative curriculum and methodological development

Module 1 – Growth mindset

Method - Reflection Journal



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Method 1. – Reflection Journal

Soft skill focus

This method encourages self-awareness and critical thinking by helping learners identify personal challenges, track progress, and recognize learning opportunities. It promotes resilience and a positive approach to setbacks.

Learning outcomes

After actively applying this method, learners will be able to:

- Identify personal strengths and areas for improvement through regular self-reflection.
- Demonstrate the ability to reframe challenges as opportunities for growth.
- Develop a habit of documenting learning experiences to monitor progress over time.
- Apply reflective insights to set realistic and adaptive learning goals.

Target group

Age: 20+ (adult learners)

Gender: All

Level of studies: Secondary education, vocational training, or higher education

Status: Employed / unemployed / seeking employment

Fewer opportunities: Suitable for individuals with limited access to professional development resources or those returning to education after a gap. This method can be applied to diverse learners, particularly those navigating career transitions or skill upgrades, helping them connect personal experiences to professional growth goals.

Method description

A **reflection journal** is a personal log where learners regularly document their experiences, thoughts, and feelings about their learning process. It supports



metacognition¹, enabling individuals to become more aware of their learning mindset and actively cultivate growth-oriented thinking.

Implementation instructions

Timeline: Continuous practice over 4–6 weeks, with periodic guided prompts.

No. of participants: Individual activity (can be shared in pairs or small groups for discussion).

Necessary materials: Notebook or digital journal platform, writing tools, prompt sheets.

Space: Quiet space conducive to concentration, can be physical or virtual.

Implementation in 5 steps

Step 1 – Introduction to Growth Mindset

The facilitator explains the difference between fixed and growth mindsets, providing real-life examples of persistence and learning from mistakes. Learners are introduced to the concept of reflective journaling as a tool for personal development.

Step 2 – Setting Up the Journal

Learners choose between a physical notebook or digital tool (e.g., Google Docs, Notion). The facilitator provides an initial structure — e.g., date, situation/experience, emotional response, lesson learned, next step.

Step 3 – Guided Prompts

Learners receive weekly prompts to guide reflection, such as “Describe a challenge you faced this week and how you responded” or “What feedback did you receive and how did you use it?”

Step 4 – Sharing Insights (Optional)

In pairs or small groups, learners share selected journal entries to encourage mutual support, peer learning, and normalizing struggles as part of growth.

Step 5 – Review and Action Planning

At the end of the period, learners review their entries to identify recurring themes, progress indicators, and areas still needing attention. They then set concrete, growth-oriented goals for the next learning phase.

¹ Metacognition is “thinking about your own thinking.” It’s the ability to be aware of, monitor, and control your own thought processes.



Practical tips

Tip 1 – Keep entries short but regular; consistency matters more than length.

Tip 2 – Use open-ended prompts to encourage deeper reflection.

Tip 3 – Do not push yourself to be perfect; the goal is growth, not flawless writing.

Debriefing questions

Question 1 – How has reflecting on your experiences influenced your approach to challenges?

Question 2 – What patterns did you notice in your journal entries?

Question 3 – How will you apply what you've learned about yourself to future goals?

Practical description sheet

Title: Reflection Journal – Growth Mindset

Purpose: To develop self-awareness, resilience, and adaptability by tracking and analyzing personal learning experiences.

Duration: 4–6 weeks

Format: Individual (with optional peer sharing)

Core Steps: Introduce concept → Set up journal → Weekly prompts → Share insights → Review & set goals

Materials: Notebook/digital platform, pen, prompt sheet

Key Benefits: Encourages persistence, reframes challenges, builds self-directed learning skills.