About the Journal Circle

The Courtyard · https://the-haven.co/docs/journal-circle/

The Journal Circle is a chance to end the week by slowing down and taking a reflective breath together. There is time to reflect on the past week, respond in writing to our Gently Rebellious Question For The Week, and plant some hope for the week ahead.

While the Journal Circle started as somewhere for us to *discuss* journaling, it has evolved into a practice in itself. So, you don't need to be a 'journaller' to get involved!

What to Expect:

- **Checking-in:** We begin with the question, *"What's one word or phrase that sums up your past week?"*
- **Writing Prompt:** A 5-minute quiet journaling session in response to our gently rebellious question for the week.
- **Reflections:** Open discussion about how the question landed for us. This is not about sharing what we wrote, but more of a reflection on the experience of engaging with it (i.e. was it an easy or challenging one to answer for you?)
- **Looking Ahead:** We close by considering active hopes for the week ahead with the question, *"What's one small thing you'd love to do or experience (more) in the next seven days?"*

There's no pressure to share more than you feel comfortable with. Whether your week has been overflowing or quietly blank, you're welcome exactly as you are.

I look forward to seeing you at our Journal Circle sometime soon!

Upcoming Journal Circles

Nov 13

Virtual Event

5:00 pm GMT - 5:30 pm GMT

Journal Circle

Nov 14

Virtual Event

7:00 pm GMT - 7:30 pm GMT

Serenity Island Picnic

View Calendar