

HIS OWN HAND

Reflection Journal

Reflection & deeper insight inspired by the novel

Carlo Spelbrink

Read. Pause. Write something down if it comes. Or don't.

BEFORE YOU BEGIN

This is not an explanation of the book.

This is a place to pause with what you've already read, and perhaps already knew.

You don't have to solve anything.

You don't have to change anything.

Read. Pause. Write something down if it comes. Or don't.

Use this journal at your own pace. There is no right order and there are no right answers.

What you already knew

At the beginning of the book, Jack knows things he has not yet named.

Not because he doesn't see them. But because he leaves them where they are.

QUESTION 1

What do you already know, but keep putting off naming?

QUESTION 2

When was the last time you had the feeling: "this doesn't fit anymore"?

QUESTION 3

What do you usually do next?

WRITING SPACE

Small moments

In the book, it isn't the big events that make the difference.

It's the small moments: a phone call, a conversation, something you do or don't say.

QUESTION 1

Which small moment stays with you?

QUESTION 2

What did you do, or choose not to do?

QUESTION 3

What could you have done differently, without it having to be something big?

WRITING SPACE

Being present

Jack doesn't learn something new.

He learns to be present. Not later. Not better prepared. Just now.

QUESTION 1

When are you really there, without distraction?

QUESTION 2

When are you absent even though you're physically there?

QUESTION 3

Who notices first?

WRITING SPACE

Work and direction

Work is not the problem in the book.

But it isn't the solution either.

QUESTION 1

Where do you spend most of your energy?

QUESTION 2

Does that still align with what matters to you?

QUESTION 3

What are you putting off when it comes to work?

WRITING SPACE

Relationships

Sarah knew before Jack did. She didn't wait for him to see it too.

QUESTION 1

In which relationship were you too late, or too early?

QUESTION 2

What did you leave unsaid even though it was there?

QUESTION 3

What might the other person already know, even though you haven't said it?

WRITING SPACE

Your body

In the book, the body notices before the mind does.

QUESTION 1

When do you feel tension for no clear reason?

QUESTION 2

What physical signals do you tend to ignore?

QUESTION 3

When did your body notice something before you stopped to think about it?

WRITING SPACE

What you inherit and pass on

We inherit more than what we are told.

Sometimes we pass it on without noticing.

QUESTION 1

What have you taken on without realizing it?

QUESTION 2

What do you not want to pass on?

QUESTION 3

What are you already passing on without naming it?

WRITING SPACE

Choices that don't feel like choices

Many choices in the book don't feel like choices.

But they are.

QUESTION 1

Where are you choosing by doing nothing?

QUESTION 2

What do you keep postponing even though you know it won't go away?

QUESTION 3

What would happen if you did one small thing today?

WRITING SPACE

The notebook, for you

The notebook disappears.

Not because it didn't work, but because it is no longer needed.

QUESTION 1

Where do you look outside yourself for confirmation?

QUESTION 2

What do you already know without anyone saying it?

QUESTION 3

What would you do if no one pointed you in a direction?

WRITING SPACE

Your turn

In the book, the notebook ends with:

Your turn.

No explanation. No assignment. Just this moment.

QUESTION 1

What is your “your turn”?

QUESTION 2

What is one thing you can do differently today?

Not big. Just real.

WRITING SPACE

You don't have to do anything with this.

But if something has stayed with you,
you probably already know what it is.

Carlo Spelbrink

YOUR TURN.

HIS OWN HAND