

## **Your Personal Journey Journal**

**This section includes material for your very personal path. Take care, "may you walk in beauty".**

**Here's to your challenges - and your life of a broader professional scope due to rurality and the need to be generalist or the sole provider.**

**Remember:**

**Organizational values are defined as a combination of beliefs and behaviors (you can't have one without the other). We all need to reexamine our values and continue to look for and identify ways to ensure on-going dialog and opportunities for a free exchange of ideas between and among various groups within our community. Some of those values which have been part of our culture and our core competence in intercultural understanding and must be part of how we implement our plan for the future are:**

- § Active listening**
- § Suspending judgment**
- § Having the need and desire to participate**
- § Respecting another**
- § Giving space**
- § Encouraging humor**
- § Becoming willing to engage on other peoples' terms**
- § Valuing self reflection**
- § Giving others room to change their opinions**
- § Demonstrating tolerance**
- § Learning the distinction between not understanding and disagreeing...and making sure we understand.**
- § Looking for common ground**
- § Recognizing that we are imperfect, emotional human beings**
- § Having patience**
- § Showing sensitivity**
- § Being observant**
- § Being flexible**
- § Respecting our history and traditions**

**(Thanks to SIT)**

# Your

*"There's nothing wrong with duty. We just need not to let duty override our feelings and intuition. Duty cannot come before our own internal clarity. When it does, it is a tyrant."*

1993 Anon  
Calendar Quote

## During Orientation

At the beginning of your service, write a paragraph about what service means to you. Write a paragraph about how you envision this experience.

Take the table of contents of this manual and write brief perceptions of each topic.

Take the trivia quiz.

## On-the-Job

Take the time daily for a ten minute (minimum) writing exercise.

Record your favorite thing of the day. (Sound, sight, person, conversation, information)

Record your challenge of the day.

Record something you learned.

Record something about which you want to know more.

At the end of each week, review and make a learning list for the next week. Take that week's journal entries and put in a clasp envelope and close.

## At the End of 90 Days

Take a day to reflect. In sequential order:

Review your Table of Contents notes; add/revise/edit.

Take the trivia quiz.

Read your journal entries.

Meditate for 20 minutes; listen to the Earth, listen to yourself.

Write a paragraph about what service/professionalism/health care means to you.

Place all in a tie folder, label #1 and close.

### **91-120 Days**

Repeat "On the Job" exercise, reviewing journal entries from days 90-120.

At the end of 120 days, repeat the "End of 90 Days" exercise. Label this folder #2

### **121-270 Days**

Repeat "On the Job" exercise, reviewing journal entries from days 121-270.

At the end of 270 days, repeat the "End of 90 Days" exercise. Label this folder #3.

### **271-360 Days**

Repeat "On the Job" exercise, reviewing journal entries from days 270-360.

At the end of 360 days, repeat the "End of 90 Days" exercise. Label this folder #4.

Reread your orientation notes and Folders 1-3.

Laugh, cry, marvel and summarize.

**Write your vision quest.**

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