

MindLog™ entries



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How to write MindLog entries

Please [send us](#) your reflections on MindLog reflections. We'll use them to further develop the information on this page..

Reflection guidelines

Reflection is a way to connect what you already understand, feel, know, or can do to new, changing, or ongoing input from your environment (conditions, relationships, events, knowledge, your own body/mind, etc). Consistent practice of analytical and reflective skills not only builds a robust network, but also increases our capacity for making reasonable connections and inferences and enhances our mental agility and capacity for making useful

intuitive “leaps.” We learn to think by thinking – and we think better when we have a robust knowledge network to rely on.

1. Frame: Try to put what you’re trying to achieve into words. Are you coming to terms with new information, examining actions or their impacts, working toward a decision, teetering on the brink of a new level of understanding, trying to organize your thoughts, consciously building a skill, revisiting a past experience through a new lens, confronting a moral dilemma, grappling with challenged beliefs, attempting to resolve a conflict, working on character development for a new novel, fulfilling an assignment, etc?
2. Explain & analyze: Examine points of conflict or confusion, identify challenges, shift your perspective, try to identify your own assumptions, notice how assumptions affect conclusions, look for flaws in your logic, look for gaps in your knowledge, identify resources, lay out alternatives, etc.
3. Be exploratory: Focus on making (or unmaking) mental connections, looking at things from different angles, examining real-world implications, noticing how reflection on the topic is changing your thinking, noticing how reflecting on the topic makes you feel, etc.
4. Don’t aim for resolution, completion, deep insight, or transformation.
5. Avoid the temptation to aim for correctness or perfection of any kind, but if you’re planning to share your reflections with anyone else, do aim for clarity.
6. Stop writing after 15 to 20 minutes. The rewards of MindLogging are incremental and cumulative. Writing more won’t get you there faster.

Please note: If you are responding to prompts set by another party as part of a course or other learning experience, make sure you understand what they would like to see in your reflections.