



Emotional Aspect

What I feel, my emotions

Keywords: emotions, feelings, empathy, openness, sensitivity, reactions

Observing and identifying what I feel

Explore your emotions in this process. How do you feel emotionally? What is shifting within you? What emotions arise when encountering new information or experiences? Is it sadness, frustration, discomfort? Or perhaps you feel nothing at all?

Understanding my emotions

Where do these reactions come from? Emotions can reveal sensitive areas and certain beliefs that influence how we see and interact with others. Understanding them helps you better know yourself, better understand others, and develop empathy.

Reflection prompts

- Which emotions come up most often in my process?
- What triggers them?
- How do I respond to emotional discomfort?
- What do my emotions teach me about my perspective and my journey?

Spiritual Aspect

What I believe, my values

Keywords: values, worldviews, beliefs, integration, perspectives, ethics, stance

What values are at play?

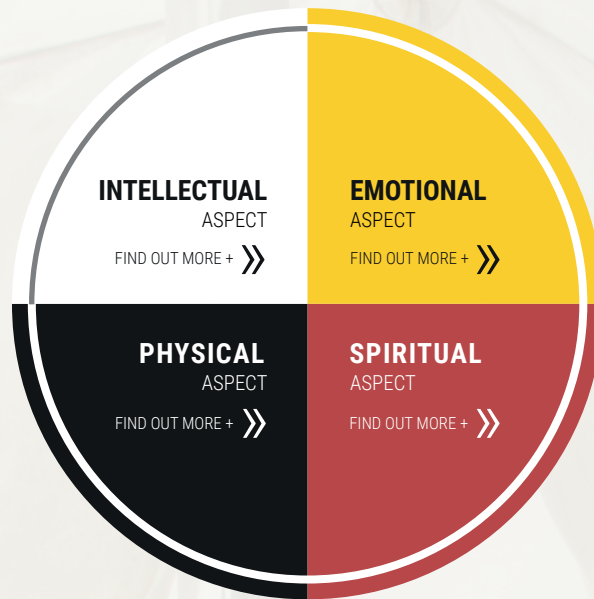
Dive into the deeper questions that arise within you. What values are involved in your journey? Consider different perspectives, approaches, or ways of understanding what you are experiencing that can shed light on these values or deepen your understanding of what they imply.

Integrating my values

This aspect calls for acting in alignment with your values, in a spirit of allyship. How will you integrate what you have learned or understood into your worldview? How can you translate these values into your daily life and return to them in challenging moments to guide you toward solutions?

Reflection prompts

- What values are affected by what I am learning or experiencing?
- What new perspectives can I consider?
- How does this new learning influence my worldview?
- How can I integrate them concretely into my daily life?



Physical Aspect

How I act, the experiences I live

Keywords: actions, experiences, practice, trial and error, encounters, concrete, behaviors

What I do

Write down the concrete actions you take to support the other aspects of your logbook. Also observe the relationships you maintain, particularly with members of First Peoples. What is happening in concrete terms in your journey?

New experiences I can engage in

Identify concrete goals or commitments, big or small, that move your journey forward. This aspect acts as a driver to put your intentions and learning into practice, in connection with the world around you. It may require stepping outside your comfort zone.

Reflection prompts

- What new practices would I like to implement?
- Are there ways of doing things I would like to change?
- What experiences could I explore to enrich my practice?
- What relationships would I like to develop?

Intellectual Aspect

What I think, what I know

Keywords: thoughts, critical thinking, analysis, understanding, assumptions, knowledge

What I already know

Write down the information, facts, experiences, or conversations you are already familiar with that support your understanding.

How I think

Observe the connections you make, the questions that arise, and your assumptions. Why are certain ideas already present within you? How do you react to what you know?

What I am learning

Record new readings, experiences, or encounters and what they bring up for you. Do they enrich, challenge, or transform your understanding?

Reflection prompts

- What am I discovering or learning right now?
- What is challenging what I previously thought?
- How is my understanding evolving?