

Process + Micro-Progress Reflection Sheet

Key Concept: No two people will have the exact same amount or type of myelination of neural networks because these are built based on our unique and specific experiences and 'exposure to data'. When people notice their own tiny, microscopic moments of learning, they are more likely to keep wanting to learn and to persevere than if they compare themselves – or are compared to – others or a pre-defined standard.

Reflection Question

How often do you do things that are based on external rewards, such as results/scores and other people's approval? In other words, how often do you think about what other people are going to think about you when you make decisions, instead of focusing on how you feel about it, and envisioning the actual process and steps?

Does that stop you from doing something that you actually want to do?

Reflection Question

How much do you notice your 'mini-wins'? Meaning, do you notice the small, barely-noticeable-to-others increments of improvement or change? Or do you focus more on comparing yourself to others and then feel disappointed that you're 'not there yet'? How does that affect you – does it make you want to keep going, or does it deplete you?

Reflection Question

How do you present this to your staff or students?

Are you focusing mainly on results? Do you talk about 'mini-wins' and micro-progress?
Are you internally comparing them, or do you see how one person is changing incrementally?

Or are you allowing them to get through some uncomfortable periods for them to feel their own joy from that learning process?

