What, So What, Now What

Companion to "Reflective Practice, Structured Habit"

10 TO 15 MINUTES, IDEALLY DAILY

HOW TO USE THIS SHEET

1. Pick one moment from today, not the whole day: a decision, a conversation, a project that shipped or stalled, or an ordinary hour.
2. What? Write what happened, plainly: the facts, and how it landed in you. No interpretation yet.
3. So what? Use what you know to make sense of it. What does it tell you, what surprised you, what does it connect to?
4. Now what? One specific thing you will do differently next time. Do not stop at So what: that is insight that evaporates by tomorrow.
5. Print a stack and do it again tomorrow. The value comes from the repetition, not from any single page.

DATE

THE MOMENT I AM REFLECTING ON

01 What?

The facts, and the feelings that came with them.

02 So what?

What it tells you. What surprised you. What it connects to.

03 Now what?

One thing you will do differently next time something similar comes up.