

Focusforge — Reflection Journal

This is your space to think and notice. You can write, draw, or just sit with a question — skip any page you want. Nothing here is graded or shared.

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How are you arriving?

How are you arriving today? Notice what's happening in your body — your breath, your shoulders, how much energy you have. All of it is okay.

Thinking with Hold

*Hold is about **Working memory**.*

Write about a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Thinking with Wait

*Wait is about **Inhibitory control**.*

Write about a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Thinking with Pivot

*Pivot is about **Cognitive flexibility**.*

Write about a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Thinking with Map

*Map is about **Planning + organization**.*

Write about a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Thinking with Begin

*Begin is about **Task initiation**.*

Write about a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Thinking with Clock

*Clock is about **Time awareness**.*

Write about a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Thinking with Scan

*Scan is about **Checks your own work as you go, catching a wrong turn while it is still small instead of at the very end.***

Write about a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Thinking with Steady

*Steady is about **Keeps a gentle, steady focus on one thing as the first excitement fades, and comes back kindly whenever attention drifts..***

Write about a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Thinking with Whittle

*Whittle is about **When everything feels urgent at once, carves the loud pile down to the one true next thing.***

Write about a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Thinking with Chip

*Chip is about **Stays with a hard task by taking one small piece at a time, instead of quitting or trying to force it all at once.***

Write about a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Before you close this

What's one thing you tried hard at, or are still figuring out? The effort is the part that matters — not getting it perfect.

A note for grown-ups. This journal is just a gentle, private space to notice feelings — nothing here is graded, scored, or shared, and there are no wrong answers. If something a young person writes about feels too big to hold alone, it always helps to talk with a trusted grown-up. In the US you can also call or text **988** (the Suicide & Crisis Lifeline) or text **HOME to 741741** (Crisis Text Line), anytime.

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