

Mindforge — 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 Inside

*Inside is about **Self-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 Settle

*Settle is about **Self-management**.*

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

Thinking with Open

*Open is about **Social 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 Touch

*Touch is about **Relationship skills**.*

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

Thinking with Choose

*Choose is about **Responsible decision-making**.*

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

Thinking with Vane

*Vane is about **Names the exact feeling, not just good or bad, because the precise word points the way to what actually helps.***

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

Thinking with Ballast

*Ballast is about **Helps you stay steady inside a big feeling, like the weight that keeps a boat from tipping while the wave passes..***

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

Thinking with Vantage

*Vantage is about **Climbs to where someone else is standing, so you can see what they see instead of guessing.***

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

Thinking with Darn

*Darn is about **Mends a small everyday rift early, before a little tear becomes a big hole.***

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

Thinking with Forecast

*Forecast is about **Looks down the road of a choice to see where it leads, so your future self gets a vote too.***

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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