

Proseforge — Reflection Journal

This is your space to think on paper. Reflection is how you author your own story — there are no right answers and nothing here is graded or shared. Use it however is useful to you.

Spark & Anvil is a 501(c)(3) public charity. Every app, story, and book is free, forever — no ads, no in-app purchases, no tracking. Released under Creative Commons BY-NC-SA 4.0 for educational reuse.

How are you arriving?

How are you arriving today? Notice what's going on in your body — your breath, your shoulders, your energy. Name it, without judging it.

Thinking with Marceline

*Marceline is about **Close reading / textual evidence**.*

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

Thinking with Isolde

*Isolde is about **Tone & mood**.*

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

Thinking with Piers

*Piers is about **Diction & connotation**.*

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

Thinking with Cormac

*Cormac is about **Theme**.*

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

Thinking with Calliope

*Calliope is about **Imagery & figurative language**.*

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

Thinking with Perpetua

*Perpetua is about **Syntax & structure**.*

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

Thinking with Wystan

*Wystan is about **POV & unreliable narrator**.*

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

Thinking with Rosalind

*Rosalind is about **Irony**.*

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

Thinking with Leander

*Leander is about **Rhetorical appeals (ethos/pathos/logos)**.*

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

Thinking with Beckett

*Beckett is about (**Mentor**).*

Reflect on 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're working out about yourself right now? Not a conclusion — just where your thinking is today.

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.

Spark & Anvil is a 501(c)(3) public charity. Every app, story, and book is free, forever — no ads, no in-app purchases, no tracking. Released under Creative Commons BY-NC-SA 4.0 for educational reuse.

Keep exploring online

- Play it now: <https://sparkanvil.org/play/proseforge>
- More free books: <https://sparkanvil.org/books>