

Studyforge — 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 Silas

*Silas is about **Goal-setting**.*

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

Thinking with Elowen

*Elowen is about **Planning / time-blocking**.*

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

Thinking with Thatcher

*Thatcher is about **Retrieval practice**.*

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

Thinking with Marlowe

*Marlowe is about **Spaced review**.*

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

Thinking with Anwen

*Anwen is about **Self-testing / self-assessment**.*

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

Thinking with Soren

*Soren is about **Focus & attention**.*

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

Thinking with Delphine

*Delphine is about **Note & encoding strategy**.*

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

Thinking with Idris

*Idris 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/studyforge>
- More free books: <https://sparkanvil.org/books>