PURPOSEFUL PROCESSING

Why?
Taking time to reflect on the experience you had through your recent service experience is vital. Reflection allows us to evaluate our experiences, acknowledge our thoughts and feelings, recognize learnings, and embrace areas for growth.

How?
At the Pace Center we believe in purposeful processing. We recognize that reflection is not something we do just once, but rather something we should continually carve out space for. As we reflect on our various experiences we strive to keep the following in mind:

Pause: Sometimes we are so focused on our acts of service that we forget to take a moment to pause. Pausing allows us to really connect with the experience we are having. Whether it is by yourself or with others, it is important to carve out time to stop and process.

Assess: An important component of reflecting is assessing what you’ve done, who was involved, and the end result. All thoughts, emotions and feelings are important to the process, so don’t leave anything out.

Connect: How does the work you have completed connect back to your original vision, goals, and your values? Revisit what brought you to this work and see if they are in alignment with where you are.

Express: A critical component of reflection is being able to express what you’ve done and how you feel about it. This could be something you do for yourself or something you share with others. How would you choose to crystalize and share your experience?

Whether you choose to reflect alone or with others, the important thing is that you set aside time for the process. Be intentional, be thoughtful, be honest, and be specific.

ACTIVITY

Reflection: The Pace Way!

Pause:
When will you set aside time for reflection? What type of environment do you need to be able to reflect?

Assess:
What did you do in your service work? How did you feel before your started? How did you feel while you were completing your service work? How do you feel now?

Connect:
How does the service work you experienced align with your values, vision, and goals? What can you do moving forward to help them align better if they are not currently?

Express:
Who can you connect with to talk about your experience? How will you share your experience with them?