Because of the way I wrote my piece, it turned out to be more of an introduction into the main part of my essay, which will talk about meditation. I did well at describing my high school English teacher and setting up a transition from Mr. Frode to meditation. The piece was left abruptly unfinished, as I had just started to cover ground on the impacts of meditation on our minds. I wish I would have given myself about a day’s worth more time to slightly revise the piece, specifically my interactions with my teacher. The free writing techniques discussed in the book helped me find my topic as well as narrow my point and purpose of my essay (which are not clear or very evident in my piece at the moment). My sketch had a minimal amount of research in it, partly because I just started talking about meditation practices – most of my research will mainly be related to studies on meditation.

Altogether I believe the current state of this piece leans more toward a rough draft rather than a sketch. Some parts could have been revised/reordered a bit more, and the thought process throughout may have been choppy at points.