

# Gnomy Framework Reflection Questionnaire

Guided questions for deep reflection and insight

Cultivating Emotional & Strategic Clarity

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## 1. Grounding: Temporal & Contextual Orientation

### Temporal Frame

This reflection concerns:      Future plans      Present actions      Past memories

**Date of the situation being reflected upon:**

**Date of writing this reflection:**

**Brief description of the situation:**

## 2. Narrative Perspectives: Understanding Multiple Realities

### 2.1 Perspective 1: Others' Narrative

**What is happening in this situation from others' perspective?**

*(Consider how other stakeholders would describe the events)*

**What are others' goals in this situation? Who is responsible for achieving these goals?**

**Who has control in this situation according to others' perspective?**

*(Who do they see as having agency and decision-making power?)*

## 2.2 Perspective 2: Collective "We" Narrative

What is our shared goal in this situation? Who is responsible for this collective goal?

Who has control according to our collective perspective?

*(Consider shared power and collaborative decision-making)*

What is happening in this situation from our collective perspective?

*(How do we understand and interpret these events together?)*

## 2.3 Perspective 3: Personal "Me" Narrative

What is my personal goal in this situation? Who is responsible for this goal?

Who has control according to my perspective?

*(Where do I see agency and influence residing?)*

What is happening in this situation from my personal perspective?

*(My subjective interpretation and understanding)*

## 3. Reframing Through Integration & Shared Competence

### 3.1 Values & Empathy

What are my core values connected to my goal?

*(What principles or beliefs drive this goal for me?)*

**What do I empathize with in others' situation?**

*(Which of my values can I recognize in others' struggle to achieve their goals?)*

### **3.2 Creative Adaptation & Alignment**

**How might I adapt or reframe my goal to also accommodate others' goals?**

*(What creative adjustments could honor both perspectives? Is this aligned with my values?)*

### **3.3 Benign Violation & Playful Engagement**

**How can I approach goal discrepancies with lightness and humor?**

*(How might I use benign energy or gentle humor to address tensions around conflicting goals? What would make this situation more human and approachable?)*

## **4. Synthesis & Action**

**What insights have emerged from exploring these different perspectives?**

**What is one concrete action I can take based on this reflection?**