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Dr. Turner

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Manifesto 5

I have done my best reflecting over the past four years when I am away from school. When I am out of my day to day setting, I am able to step back and see how I really have been doing over the years. I have done quite a few for classes, and I believe by having to do them for about three semesters have helped with my comfort level with them. To produce my best work, I need to almost look at myself from an objective view and just let the stream of consciousness flow.

I really hope to become better at reflection. While I have become more comfortable with them, I still am not 100% there yet. I will become a person who frequently reflects upon my work and actions. I do not really reflect on my non-academic work much currently. I will do that at a minimum on a weekly basis. At the end of the work week, reflect upon what I have done and where I have fallen short. In doing this I can also make a plan for improvement for the next week. I don’t really care if it is written in a physical journal, typed online, or just spending a few minutes to think back on the events of the week.

Honestly, the main obstacle I have currently is time. I have my weeks planned down to the minute for the most part. I could add time for reflection but adding or changing my routine at this point stresses me out a lot. I feel like this could be an issue later in life, and to prepare for this I just need to make sure that I add it to the plan at the start. I also am not a good person at keeping a routine. I try very hard to keep it, but no matter what I can never seem to keep a routine no matter how much I plan for it. I think this will come with practice, time, and maturity.