



# Journaling Advantage Premise

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## INTRO

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Welcome to the Four Loop Learning Community! Thank you for your interest in the custom leadership reflections kit! With the purchase of the Reflections Point Kit, you are about to begin on a very special journey that will not only better your leadership skills, but in my personal opinion can also improve your quality of life.

My philosophy is that leaders who are more reflective are truly more effective. Over my tenure at GE, I learned that deliberate reflection helps leaders slow down, think deeper and implement change with enhanced precision which results in greater impact results. The Four Loops of Record, Reflect, Act and Share is a proven process that accelerates the impact of business journaling and I know that you will enjoy.

Happy journaling from your friend,



Bob Cancalosi  
*Owner and Author of Four Loop Learning*

— *The Benefits of Journaling* —

“Leaders who are deliberately  
more reflective are  
profoundly more effective.”

— BOB CANCALOSI

The logo for Four Loop Learning is located in the bottom right corner. It consists of a white square containing the text "FOUR LOOP LEARNING." in a sans-serif font. The square is set against a background of two overlapping blue circles, one of which is partially obscured by a dark blue wavy shape at the bottom left of the page.

FOUR  
LOOP  
LEARNING.



## SECTION 1

# Benefits of Journaling

“Keeping a personal journal a daily in-depth analysis and evaluation of your experiences is a high-leverage activity that increases self-awareness and enhances all the endowments and the synergy among them.”

— STEPHEN R. COVEY

“It’s vital for CEO’s to block off meaningful amounts of uninterrupted time alone, to give themselves space to think, reflect and prepare.”

— MICHAEL E. PORTER & NITIN NOHRIA

*HBR July/Aug 2018 - How CEO’s Manage Their Time*

“If you’re serious about becoming a wealthy, powerful, sophisticated, healthy, influential, cultured and unique individual, keep a journal.”

— JIM ROHN

*Business Author & Philosopher*

“Journaling is one of the most powerful tools we have to transform our lives.”

— DEEPAK CHOPRA

“The more senior your job title, the more you need to keep a journal.”

— DAN CIAMPA

## SECTION 2

# How Journaling Enhances Your Leadership

- ✓ Stopping and reflecting over time helps prevent the “fire, fire, fire, ready aim” syndrome.
- ✓ Journaling allows you to learn and discern how your point of view changes over time.
- ✓ Journaling allows you to track your big decisions and later on review their effectiveness.
- ✓ Journaling allows you to find serendipitous discoveries where you are looking for “x” and you find “y”.
- ✓ Journaling allows you to record your ideas and then find them later - helps you sleep better not worrying about forgetting your idea.
- ✓ Helps you unlock more of your potential as you pursue your own personal “ne plus ultra” (your most profound quality or state).

## SECTION 3

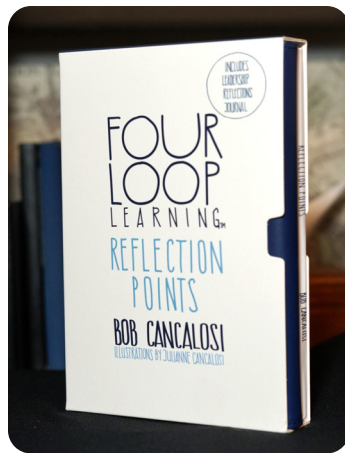
# Continuum on How to Use the Journal



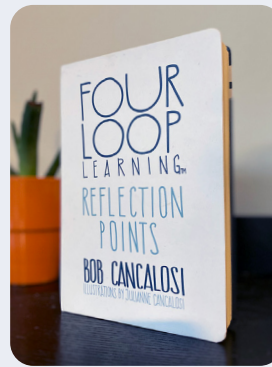
Questions? Email us at [fourlooplearning@gmail.com](mailto:fourlooplearning@gmail.com).

## SECTION 4

# Overview of the Kit

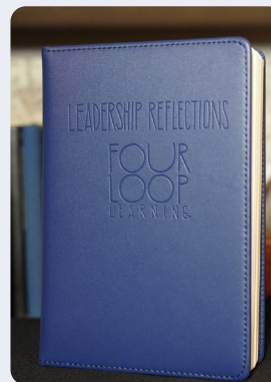


Inside your Four Loop Learning Kit



70-page Guidebook on the 27 Reflection Points in the Journal

+



250-page Custom Leadership Journal

- 50 Pages of Custom Content
- 27 Reflection Points
- 15 Leadership & Life Lessons
- 11 Inspirational Quotes
- 5-4-3-2-1 Learning and Network Framework
- 1 the most Important Thing

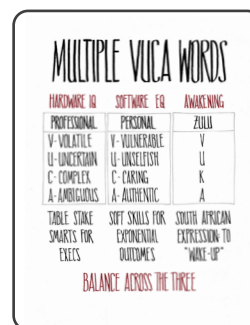


## SECTION 5

# HEAD: How You Think

### VUCA<sup>3</sup>

- ✓ Balancing the Hard & Soft Skills
- ✓ VUKA-Soft reminder to balance both skills
- ✓ Page 122 in journal



### Stop & Reflect

- ✓ Record the most important learnings every 50 pages and narrow down to your 1 thing
- ✓ Repeat to remember and remember to repeat
- ✓ Pages 50, 100, 150 & 200 in journal



### Health & Happiness

- ✓ Health = Wealth
- ✓ Happiness is a choice
- ✓ 13 questions to consider
- ✓ Pages 34 & 134 in journal





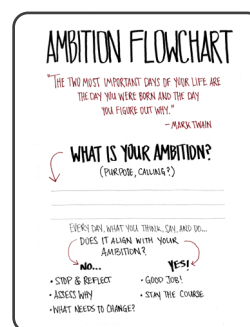


## SECTION 5

# Heart: How You Feel

### Ambition

- ✓ Defining and pursuing your purpose
- ✓ Purposeful work is more enjoyable
- ✓ Pages 15 & 189 in journal



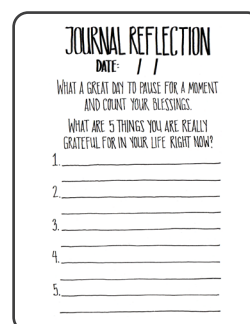
### T-Shirt

- ✓ Determine what you want to be known for and live it backwards
- ✓ Reverse image your legend
- ✓ Page 220 in journal



### Gratefulness

- ✓ Being grateful enhances well-being
- ✓ Pages 40, 86, 112, 170 & 216 in journal
- ✓ You can easily add more





## SECTION 5

# HAND: How You Do Things

### 5-4-3-2-1

- ✓ Networking and learning strategy
- ✓ Captures the most important learning at each event
- ✓ Pages 223 to 228 in journal

### Do you HAVE it? If not WHEN?

- ✓ The silver bullet of leadership
- ✓ If you HAVE it you can lead teams with great results
- ✓ Page 244 in journal

### 1 Thing?

- ✓ Maniacal focus on improving 1 thing to help enhance your leadership impact
- ✓ Improve 1 thing well versus many things diluted
- ✓ Page 249 in journal



## SECTION 6

# How to Get Started

### Try this simple 30-Day Challenge!

For 30 continuous days record your most significant learning in the journal whether personal or professional.

At day 30 re-read what you recorded and categorize to *Head* (what you thought), *Hand* (what you did), or *Heart* (how you were inspired or how you inspired someone else).

Reflection Questions #1

*What trends did you detect? What's your dominant "H"?*

Reflection Question #2:

*Did you find an area you need to enhance your knowledge on?*

Then just keep on going and even learn more about yourself! For more information go to [FourLoopLearning.com](https://fourlooplearning.com).

If you're interested in continuing your self-growth journey with reflective journaling, find us online.

*[fourlooplearning.com](https://fourlooplearning.com)*

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