

OFF SCRIPT.

Notice. Imagine.
Explore. Carry forward.

The story can stay open.

Keep a discovery.
Keep a question.
Come back when you want to.

More free reflections: chenyaozhang.com/resources/



A place for what you discover.

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What brings me here today?

A question, a wish, or something I am curious about:

Notice → Imagine → Explore → Carry Forward

Write, draw, or skip any page. Change your mind or follow a new idea at any time. Your pages are private; nothing needs to be handed in.

These are invitations, not steps you have to complete.

Dear future me,

What would I like to tell myself?

Keep this page or write a separate letter to take home.

Look back.
What do I notice?

Revisit any earlier page. Choose a question, or just look.

- ○ What connects?
- ○ What changed?
- ○ What does not fit together?
- ○ What new question do I have?

A connection, a change, a contradiction, a question...

You can leave with a question. No conclusion or action plan needed.

What catches
my eye?

Choose colours, pictures, or materials you like.



Something I was drawn to...

A colour, a place, a detail...

Make your collage on the next page or a separate card.

A little world of my own.

Pictures, words, shapes...

Something to share. Something to ask.

Keep this private, or share only what you choose.

I can share...

An idea, a skill, something I know...

I'm curious about...

Ask before sharing contact details. Sharing an idea is not a promise to help.

Support belongs in the picture.

Who or what could help?

What is not mine to carry?

Something I am not responsible for.

What if I saw it differently?

Explore a story or a new point of view. You can agree, disagree, or be unsure.



Something that surprised me or stayed with me...

A moment, a question, a different view...

Being interested in an idea does not mean agreeing with it.

My own point of view.

Something I see differently...

What else am I wondering about?

Bring a thread. Or start a new one.

Choose one thing from an earlier page, or a new idea.

Something I want to explore...

What is already available to me?

Time, a skill, a place, a resource...

What part can I influence?