



12 MONTH REFLECTION GUIDE

WEEKLY FOCUS QUESTIONS

ANCHOR QUESTION - EVERY WEEK

Name one positive thing your experience with a shelter dog during the walk or enrichment/leash-skills activity taught you today.

PRINCIPLE	WEEK 1 FOCUS	WEEK 2 ENRICHMENT / LEASH SKILLS	WEEK 3 REFLECTION	WEEK 4 ACTION (REAL LIFE)	WEEK 5 INTEGRATION (IF APPLICABLE)
1 PRESENCE Be where your feet are.	Where did I feel most present during today's experience?	How did being present affect the dog and me?	Where am I not fully present in my life?	What does being present look like this week?	What changed when I slowed down and stayed present?
2 CONNECTION Relationship over control.	Where did I feel most connected during today's experience?	How did connection affect the dog's response?	Where do I struggle to connect in life?	How can I choose connection over control this week?	What did connection teach me?
3 RESPONSIBILITY The leash is in your hands.	What responsibility did I take today?	How did my actions affect the dog?	Where am I avoiding responsibility?	What is one thing I can take ownership of this week?	What does responsibility feel like now?
4 PATIENCE Growth takes time.	Where did I practice patience today?	How did patience affect the interaction?	Where do I rush in life?	What would patience look like this week?	What changed when I slowed down?
5 TRUST Built, not forced.	Where did trust show up today?	How did I help build trust with the dog?	Where do I struggle to trust?	What is one way I can build trust this week?	What does trust feel like now?
6 CONSISTENCY Showing up matters more than perfection.	What did showing up look like today?	How did consistency affect the interaction?	Where am I inconsistent in life?	What is one thing I can do consistently this week?	What did consistency teach me?
7 AWARENESS Notice without judgment.	What did I notice about myself today?	What did I notice about the dog?	Where do I lack awareness in life?	How can I be more aware this week?	What surprised me?
8 LETTING GO Control vs. connection.	Did I try to control or connect today?	How did control versus connection affect the interaction?	Where do I try to control in life?	What would connection look like instead?	What changed when I let go?
9 GROWTH Progress, not perfection.	What did I do better today?	What improvement did I notice in the dog or in our interaction?	Where have I grown recently?	What's one area I want to grow in?	What does growth feel like?
10 RESILIENCE Keep picking up the leash.	What felt hard today?	How did I respond to difficulty?	Where do I give up too quickly?	What does resilience look like this week?	What helped me keep going?
11 GRATITUDE Recognize what is working.	What am I grateful for from today?	What did the dog give me today?	Where am I practicing gratitude in life?	How can I express gratitude this week?	What shifted when I focused on gratitude?
12 PURPOSE Why this matters.	Why does this work matter to me?	How does this help the dogs?	How does this help me?	What purpose do I want to carry forward?	What does this program mean to me now?

How to use this guide: The questions are prompts, not tests. Participants may skip any question. Week 5 is used only when a month includes a fifth program session. The guide supports reflection and recovery-oriented conversation; it is not clinical treatment.

WHAT DO WE DO TOGETHER? WE WALK TOGETHER. WE RECOVER TOGETHER. WE CREATE SECOND CHANCES TOGETHER.