

Monthly Reflection

Date:

The purpose of this reflection is for the mentor and the new missionary to work through some questions about the past month of living in Japan, and the ongoing adjustment process. These questions deal with the following topics: language study, cultural adjustment, spiritual health, personal/family adjustments, and church visitation. Please use these questions with the intent to understand how the new missionary is doing in each of these areas. The new missionary can also use these questions for self-evaluation and for setting personal goals.

Language Study

1. Besides your tutor (Other than in the classroom), with whom have you had conversations in Japanese?
2. Did you feel you were able to communicate what you wanted to say? (How have you used the new grammar or vocabulary that you learned in the last few weeks?)

Cultural Adjustment

3. What is something you've recently read regarding Japanese culture? (What is something new you've learned/understood?)
4. What is one thing you want to understand better? How will you gain this understanding?

Spiritual Health

5. Where have you been reading in God's Word?
6. What has God been teaching you about himself? about yourself? (How have you applied this teaching to your life?)

Personal/Family Adjustments

7. What is something enjoyable you've done recently?
8. This past month, how has the balance been between language study, other responsibilities, and personal/family time?

Church Visitation

9. Which church do you plan to visit in the next month? (Church Visitation Program)

Last but not Least

10. Do you have any questions/expectations/needs that you would like to see addressed?