



Your 7 Step Reflection Journal.

From Here Forward.



Your 7 Step Reflection Journal

A seven-step reflection journal - one honest page a step, and one small action at the end.



A NOTE FROM MAHER

You don't need to have had a great loss to open this journal. You just need to be human. Seven days is not long enough to write your whole story - it is long enough to tell yourself the truth once a day, and to see what that changes. Each step asks only two questions. Answer as you are today. Not who you were before. Not who you intend to become. Here. Now.

Bounce forward. - Maher Kaddoura

BEFORE YOU BEGIN - MY FOOTING TODAY

No one is keeping score. Circle the number that is honestly true today - you'll return to this scale after Step 7.



1



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7



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9



10

Barely standing

Steady on my feet



STEP 1

The Honest Sentence

Every journey needs a true starting point, and this page is yours. Today is not about fixing anything - only about telling yourself the truth, in your own words.



What actually happened? Write it plainly - no softening, no headline version.

Start with: "What happened was..."

What do you wish people understood about what this has been like for you?

Finish this: "What most people don't see is..."

"The map that lies about the terrain is not a kindness to the traveller. It is a danger."

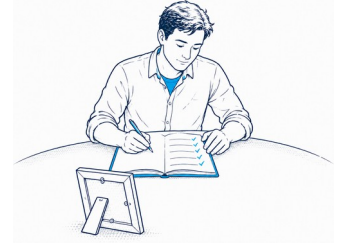
- Maher Kaddoura, Bouncing Forward



STEP 2

What It Took, What Remains

A setback takes things - some visible, some quiet. Naming what's gone is not dwelling on it; it's taking honest stock, and it only has to be done once.



What has this setback taken from you - the obvious things, and the quiet ones?

List them plainly - the big and the small belong on the same page.

What has it not been able to take?

Start with: "It could not take..."

"You can accept a reality while still finding it unjust. That tension is not a contradiction - it is the truth of most significant setbacks."

- Maher Kaddoura, Bouncing Forward



STEP 3

The Question Underneath

Some thoughts circle and some thoughts move. Today, notice the difference between the question that loops without an answer and the question that leads somewhere.



What question do you keep asking that never gives you an answer?

Write the question exactly as it sounds in your head.

If that question took one step forward, what would it become?

Try turning "why...?" into "what now...?" or "how...?"

"There is a difference between reflection and rumination. Reflection asks: what is this experience teaching me?"

- Maher Kaddoura, Bouncing Forward



STEP 4

The Evidence

You have come through hard things before - that history is evidence, not luck. Today is about finding it and holding it up to the light.



When did something knock you down and not keep you down? What happened next?

Any season counts - school, work, health, home.

What strength from that season is still available to you now - even if it feels out of reach today?

Name it in one word first. Then explain it to yourself.

"Our identity is not shaped by the existence of those storms. It is shaped by the choices we make while navigating through them."

- Maher Kaddoura, Bouncing Forward



STEP 5

One Believable Possibility

You don't need a five-year plan; you need one possibility you can believe in. Small and real will always beat grand and imaginary.



What is one thing you can still imagine wanting - even faintly, even if it feels far away?

Faint counts. Write it down before you talk yourself out of it.

What would “a little better than today” honestly look like, one month from now?

Describe one ordinary day, a month from now - nothing grand.

“Not going back to who you were. Going forward to who you are capable of becoming.”

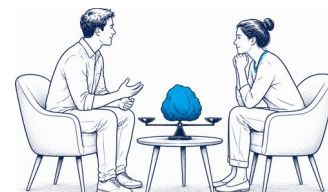
- Maher Kaddoura, Bouncing Forward



STEP 6

Not Alone

No one moves through a hard season entirely alone - even when it feels that way. Today is a stocktake of hands, not a test of independence.



Who in your life would want to know how you actually are - if you let them?

Write the name - even if you're not ready to call them yet.

What is one thing you need right now that you have not yet said out loud?

Start with: "What I actually need is..."

"Support flows in both directions, or it does not flow at all."

- Maher Kaddoura, Bouncing Forward



STEP 7

One Small Step

Seven days of honesty deserve one act of movement. Not a leap - a step, small enough to survive a bad day.



What is one small thing you could do this week that your Step 5 answer would thank you for?

Ten minutes or less - small enough to survive a bad day.

When exactly will you do it - and who will you tell afterwards?

A named day. A named time. A named person.

"Start before you are ready."

- Maher Kaddoura, Bouncing Forward



WHERE ARE YOU NOW?

Seven days ago you circled a number. Circle again - honestly, not hopefully. Movement of even one place is movement; standing still after a week of telling the truth is its own kind of steady.

AFTER STEP 7 - MY FOOTING TODAY

Same scale, same rule: circle what is honestly true. Then look back at page one.



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Barely standing

Steady on my feet

What moved this week - even a little?

One place on the scale counts. So does anything softer than a number.

Seven steps is a beginning, not the whole path. *The 30-Day Journal - part of All In - continues your reflective journey: a month of guided pages, the full course, and the complete framework behind the questions you've just answered. When you're ready, it's waiting at bouncing-forward.com → All In.*

Setbacks don't get the last word.

GO FORWARD

A closing note from Maher

You have seven honest pages behind you, and I will not dress them up as more than they are - or less. Seven days does not rewrite a story. It does something quieter: it proves the truth can be told, once a day, and survived. That proof is yours now. No one can circle it back down.

I wrote Bouncing Forward as someone who had experienced a great loss, not as someone who had it figured out. So I won't tell you what comes next for you. I will only tell you what I know: the step you named on the last page is small enough to take, and taking it will teach you more than any page can.

Wherever you go from here - the 30-Day Journal, the book, or simply back into your week - go as you are. That has been the only rule since the first page, and it is the only one that lasts.

Go forward. Not back to who you were before the setback. Forward to who you are when you have walked through it.

Bounce forward.

Maher Kaddoura

