



12 Hour Nowhere To Go Challenge Reflective Journal

You are welcome to use the following questions as a reflection journal¹.

This is an optional exercise to reflect on your poverty challenge experience. You may consider these each day or at the end of your challenge.

You are invited to bring these reflections with you during the Poverty Challenge Debrief Session on April 9, 2021 from 12pm to 1:30pm or submit them to the event organizers at communitytogetherLS@gmail.com to be incorporated into the Poverty Reduction Plan.

Thank you for participating.

How did you feel spending 12 hours with nowhere to go? (physically, mentally, emotionally, etc.)

How/where did you spend your time?

Did you have any challenges? Please explain.

Was there any impact on your social or family life? Please explain.

¹ Based on <https://gradfoodstudies.org/social-assistance-food-budget-challenge-assignment-instructions/>



Did you have a plan at the beginning? Did you need to deviate from your plan?

How were you treated by other people?

Describe any 'aha' moments?

Has this experience changed you in any way? Will you do anything differently?

Have you had any insights about your community after your experience? What are some solutions to this challenge?