Where can I take notes and find my reflections?

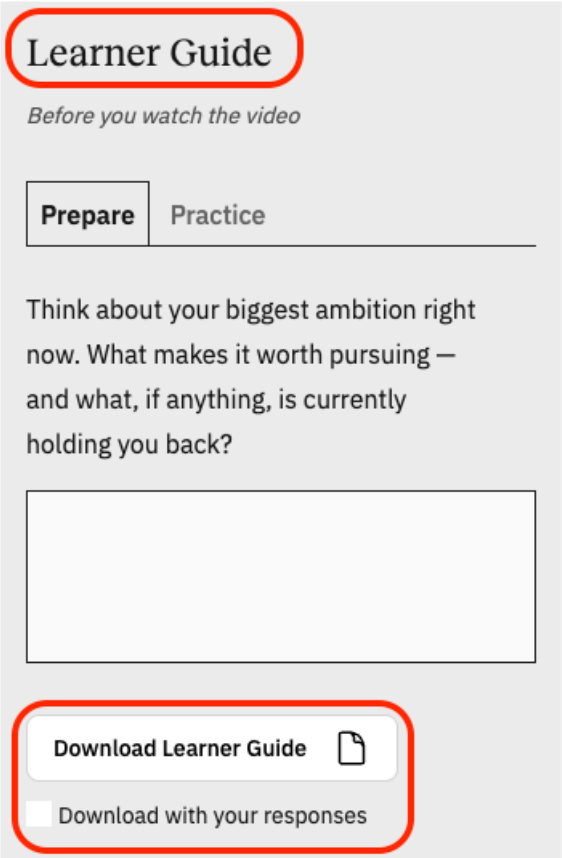
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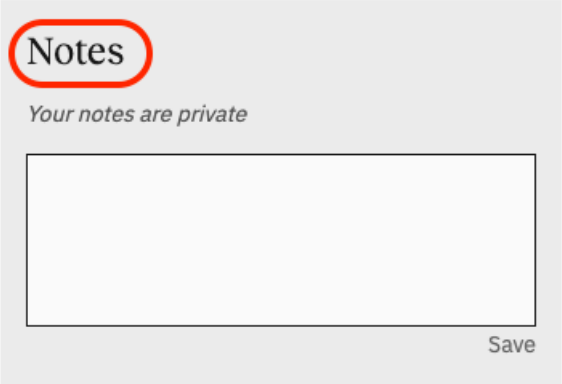
This article explains how to use the note-taking tools on Big Think+ and where to go to find your past responses.

Big Think+ gives you two ways to record your thoughts as you watch and reflect:

1. **Learner Guides**, which include reflection questions
2. A **Notes** section for anything else you want to write down

Both are saved on the lesson page for you to return to anytime and are only visible to you.





Use the Learner Guide for focused reflection

Every video lesson includes a Learner Guide with **Prepare** and **Practice** prompts:

- **Prepare** questions help you reflect before watching
- **Practice** questions help you apply ideas afterward

To record your thoughts:

- Type directly into the provided boxes
- Download the guide as a PDF — with or without your responses — using the **Download**

Learner Guide button

Use the Notes section for freeform thinking

Below the Learner Guide, you'll find a **Notes** box for open-ended writing:

- Use it to jot down takeaways, action steps, or questions
- Notes are saved automatically and are visible only to you
- They remain visible anytime you return to the lesson

How to revisit your writing

To see your past written reflections:

1. Return to the lesson where you entered them
2. Scroll to the Learner Guide or Notes section
3. Your responses will be waiting for you

Notes and responses are tied to each lesson. They are not collected in one central place across the platform at this time.