

For those who navigate the seas and manage the demanding environments of shipping, finding moments of calm and reflection can significantly enhance not only professional productivity but also personal fulfilment and relationships, argues Chris Hall and shares his experience of a daily practice he committed to over the last six months, focusing on gratitude, prioritization, self-awareness, and service to others.



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**D**r. Rangan Chatterjee's method of structured self-inquiry through six reflective questions—three for the morning and three for the evening—offers a practical approach to achieving this balance.

Whether you choose to journal these reflections in a traditional notebook or a digital app, the act of recording these thoughts can provide a stable anchor in the fluid and often isolated life of a seafarer. Although I am not a seafarer, I have been using this method for the past few months and am excited to share my thoughts on it with you.

# NAVIGATING DAILY REFLECTIONS: A COMPASS FOR SEAFARERS' WELL-BEING AND GROWTH

## Morning reflections: Charting the day ahead

### #1 What is the one most important thing I need to accomplish today?

**Purpose:** This question helps you focus on the ONE key thing that needs your attention, whether it's a critical operational check or reconnecting with family. It's not just about work efficiency; it's about prioritizing what truly matters, including your well-being and human connections.

I have found it useful to focus on that ONE thing that I really need to do today. I find that I am much more likely to do that thing, after I highlight it in this way. If I fail to do the one thing, I usually do it the next day. Over the past months, I feel I have become more efficient and better at prioritizing as a result.

### #2 What am I grateful for today?

**Purpose:** Maintaining a sense of gratitude at sea can transform your

outlook, making the challenges more manageable and the solitary days brighter. Gratitude has the power to enhance resilience, making you more equipped to handle the unpredictability of maritime life.

In my view, Gratitude is a real super-power, allowing us to overcome our natural human "negativity bias" and to reframe our life in a positive way. Whenever I focus on being grateful, I feel happier and more content. In this prompt, I usually focus on one thing in the day to come for which I'm grateful, but sometimes, I might write about something good in my life generally.

### #3 What quality do I want to show the world today?

**Purpose:** As a seafarer, the qualities you choose to embody can significantly influence your interactions with crewmates and how you handle the day's challenges. Choosing qualities like patience, leadership, or kindness can

make all the difference in the confined space of a ship.

I really like this one, as it's something I'd never thought of before. This prompt allows me to consider what quality might serve me and those around me in the coming day. I have often chosen "presence" for this entry, probably because I know I am an all-round better person when I am truly present in the moment, and present for other people. Other favourites have included patience, calm, grit and industriousness.

### Evening reflections: Navigating personal growth

#### #1 What is one thing that went well today?

Purpose: Reflecting on what went well helps shift focus from the day's stresses to its successes, fostering a sense of achievement and positivity, which is essential when away from home for extended periods.

In my experience, this prompt is often a way for me to be grateful again, this time for something that happened during the day. It's fun to record "wins" or just pleasant exchanges with others. It also serves as a mini-diary of good things over time, which is fun to review periodically.

#### #2 What is one thing I would do differently today?

Purpose: This reflective practice encourages a mindset of continuous improvement, crucial in the ever-changing conditions of maritime work. It helps you adapt and learn, ensuring better preparedness for future voyages. It also reminds us to be humble, which I consider to be another superpower.

It's interesting to see how often I

wish I'd eaten less or chosen healthier food; or gone to bed earlier, or been more present or patient with those around me. By bringing attention to these things in the evening, I set myself up to do better the next day. I don't always manage to do that, but there have been days when I could not think of anything I would have done differently, and then I experience a little wave of gratitude again.

#### #3 What is one thing I did for someone else today?

Purpose: In the close-knit community of a ship, acts of kindness have a magnified impact. This question helps foster a supportive and cohesive environment, essential for the well-being of everyone on board.

I think of myself as a nice person, but there have been days when I could not think of anything to write here, which means I went the whole day without really helping anybody. I do not like realizing this, so over the past months, I have become more conscious about helping people, in both big and little ways. Over time, this prompt has made me a better person.

#### Steady as she goes: The value of consistency

For seafarers, engaging daily with these questions can serve as a personal compass, guiding you through the complexities of life at sea and beyond. The practice of jotting down these reflections helps build a steady routine amidst the unpredictability of maritime conditions. Over time, this journal becomes not only a log of daily activities but a map of your personal growth journey. It's fun to look back and see the positive changes over the



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past few months. I can only imagine the growth that might occur over years of doing this practice.

By committing to this reflective practice, you can enhance your professional performance, deepen your relationships, and develop a resilient, adaptable mindset. It's about more than just navigating the seas—it's about navigating life with intention and insight. Why not start today and chart a course towards a more fulfilled and balanced life?



## A Wellness Tips Column

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