

# BUILDING YOUR REFLECTIVE PRACTICE

## OBJECTIVE

Describe the scene.  
Describe the what,  
when and with  
whom.

## EMOTION

Identify the emotion.  
Recognise your feelings  
and discuss with  
openness.

## LEARNINGS

What did you learn  
about yourself and  
the situation?

## REASONING

Take a birds eye  
view. Reflect on the  
do's and don'ts.

## OUTCOME

Have clarity on your  
needs and define  
your direction.

## NEXT STEPS

List out at  
least 3 next  
steps.

## VALIDATE

Talk to your Coach/  
Mentor / Supervisor or  
reach out to a buddy  
for accountability.

