

Reflective questions

The easiest way to get started with reflection is to ask yourself some of the following questions about the experience you want to reflect on. Think about how you might record your answers, for example in a reflective journal, so that you can remember them in the future.

- What did I learn?
- What do I need to learn more about?
- Why did I feel the way I did?
- What was easy?
- What went well?
- What was difficult?
- What went badly?
- How can I improve in the future?
- I wonder what would happen if...