

Reflective Account – Work Practice

Reflective practice

Name:

Date:

Reflective Account:

What happened? *(Give an overview of the incident / situation / occurrence / conversation etc)*

What was I thinking / feeling? *(Consider your own responses, other influences, internal and external factors that contributed to these)*

My conclusions / 'Lessons learned' *(Evaluations on what went well and what could be improved or tried another way)*

My plan to do something different *(so, next time I will try...)*

Action Plan

- 1.
- 2.
- 3.