THE UNIVERSITY OF QUEENSLAND
AUSTRALIA
CREATE CHANGE

Reflective Practice Tool

Record a recent event, incident or experience (write a brief description including who was involved)

Useful questions to consider	Reflections/learnings	Future actions
What did I observe?		
How did I feel?		
What was my role in this situation?		
What action did I take?		
What new awareness/insight do I have -about myself -about others		
What were the positives/benefits from this experience?		
How has it changed my practice?		