

Reflection tool

	YOUR REFLECTION
<p>DESCRIPTION What happened?</p>	
<p>FEELINGS What were you thinking and feeling?</p>	
<p>EVALUATION What was good and bad about the situation?</p>	
<p>ANALYSIS What sense can you make of the situation? Why did it happen / develop?</p>	
<p>CONCLUSION What else could you have done?</p>	
<p>ACTION PLAN What would you do differently next time?</p>	

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