

## Reflection tool

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

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