



# TOOLKIT AND TAKEAWAY

## LOOKING IN THE MIRROR

**Self-reflection through journal writing or simply quiet meditation is considered one of the most effective ways to improve practice, however often we have trouble getting started.**

To support self-reflection choose a different one of the questions below to end your day and focus your reflection.

- What was my best moment today and how can I have more moments like it?
- What was my most challenging moment and why? How will I respond next time?
- How was my mood with others today and how can I improve it?
- How well did I communicate with others today and how can I do this better?
- In what ways did my colleagues surprise me most today?
- How did I support my colleagues today and how will I continue to do so?
- What did I do today for myself and why is this important?
- What do I want everyone to be able to say about me at the end of the day tomorrow?
- What are the biggest obstacles to improving my practice and how will I overcome them?
- What did I do today to relieve stress and improve my mental health.
- What am I currently doing that I could realistically make less of a priority in my profession?
- How much time have I spent with my friends and family in the last two weeks?
- Did I seek feedback on my work today?
- What do I need to resolve in order to move forward more optimistically and with a fresh mind?
- Did I do what I set out to do today? If not, what got in the way? If yes, what helped me do that?

*With thanks and recognition to the work of Kathleen Hoare*