**Reflective Writing**

**worksheet**

Think about an experience that you could learn from. It doesn't matter if it went well or if it went badly. Use the prompts below to write a reflective piece on the experience.

# Looking back at an experience, reflect on:

|  |  |
| --- | --- |
| Your expectations before the experience |  |
| How you approached it |  |
| Which parts you found easy/hard |  |

# Think about what you learned as a result:

|  |  |
| --- | --- |
| How did your knowledge and understanding change? (Tip: think about specific soft skills that you learned during your experience) |  |
| What would you do differently if faced with a similar situation? |  |

# Consider how you might use your learning in the future:

|  |  |
| --- | --- |
| How might you put into practice what you've learned? |  |
| What challenges might you face? |  |
| How would you deal with these challenges? |  |

**For many people, reflective writing is not something that comes naturally. It takes the most experienced writers a lot of practice to be able to write something truly reflective, but don't be discouraged by it if things go wrong the first time you try to write reflectively! It is a process that can take a few drafts.**

**By completing the exercises listed on this worksheet, you can get some experience with reflective writing and gradually push yourself to produce longer and more complicated pieces. The more you reflect, both in writing and practice, the easier the process will become.**