

Cross-Curricular Discussion Resource Sheet**Reflective Practice Tips and Tricks**

- Make a regular place for reflection where you can think without distractions (leave your phone behind; no screens, people or distracting noises or sights).
- Make a regular time for reflection, whether it is once a day, once a week, etc.
- Light exercise such as a walk (nothing too strenuous or distracting) could be useful to take you away from everyday life and work out some of your energy while you think.
- Keep a journal, or at least a dated list of your major insights, so you can look back at your progress and your earlier ideas.
- It may help to think about what questions an older version of yourself might ask you, and how you might answer, or to think about the questions someone you admire (real or fictional, living or deceased) might ask.
- When you reflect, take stock of your feelings (happiness, boredom, stress, etc.), as well as your thoughts and actions. Figure out exactly why you are feeling the way you are.
- Think about whom you ultimately want to be, what you ultimately want to do and where you ultimately want to be. Make sure those are really your goals, and not goals that are expected (or that you think are expected) by your parents, teachers, friends or other people. (If they are not your own goals, it is harder to be truly enthusiastic about pursuing them, and you are less likely to be happy if you do achieve them.) Compare your current state and direction to those goals. What is the best way to reach your ultimate goals from where you are now?
- Be honest with yourself about your strengths, weaknesses and mistakes. Trying to fool yourself is pointless and counterproductive in the long run. Think about how you can rectify or improve things.
- At some point, consider sharing some of the most important insights from your reflections with a trusted friend, relative or adviser to get their feedback. You could also help colleagues by listening to their reflections.