**Why self reflection is important?**

Reflecting helps you to develop your skills and review the effectiveness of these skills, rather than just carry on doing things as you have always done them. Reflecting is about questioning, in a positive way, what you do and why you do it and then deciding whether there is a better, or more efficient, way of doing it in the future.

In any role, whether at home or at work, critical reflection is an important part of learning. You wouldn’t use a recipe a second time around if the dish didn’t work the first time? You would either adjust the recipe or find a new and, hopefully, better option. When we learn without reflection on our learning we can become stuck in a routine that may not be working effectively. Analyzing your own skills can help you identify changes you might need to make.

***Reflective questions to ask yourself:***

Strengths – What are my strengths? For example, am I well organised? Do I remember things?

Weaknesses – What are my weaknesses? For example, am I easily distracted? Do I need more practice with a particular skill?

Skills – What skills do I have and what am I good at?

Problems – What problems do I experience at work/home that may affect me and my work? For example, responsibilities or distractions that may have an impact on my study or work.

Achievements – What have I achieved?

Happiness – Are there things that I am unhappy with or disappointed about? What makes me happy?

Solutions – What could I do to develop and improve in these areas?

Self reflection can seem to be challenging and difficult at first, or even selfish or embarrassing, as it does not come naturally, you will find it becomes easier with practice and the end result could be a happier and more efficient you.

***Knowledge:***

Have you learned something new or how to do something differently?

Do you see value in this knowledge?

Are you going to share this knowledge with others?

Is your new knowledge or experience going to change your practice and/or attitude?

How will new knowledge affect experiences within the workplace?