



Reflection

If you're looking to reflect on a recent experience but are unsure how to start, try three simple questions to get you going. They won't take long and offer a simple starting point when something occurs that you feel is important to digest and learn from:

1. **What did I learn from that experience?**
2. **Why am I feeling the way I do about it?**
3. **If I had to do it all over again, what would I have done differently?**

And if you want to dive deeper, search online for **Rolfe's reflective model**.