Reflecting learning log

The event

- What happened?

- When did it happen?

- Who was involved?

- My feelings at the time?

- Significant influences at the time?

- Significant outcomes?

My reflections, highlighting the skills that I was using and developed. What did I do well?

What did I learn

- About myself?

- About my job/studies?

- Feedback from others involved?

Is there anything I would do differently if this situation occurred again?

As a result do I plan to change or improve my:

- Knowledge?

- Skills?

- Attributes?