

DEVELOPING SKILLS TO REFLECT

It often happens that we are too overworked or over scheduled to engage in reflection. But the busier our lives the greater the need to reflect. Ritualizing reflection helps inculcate this habit. This ritual not only factors for the time spent but also on what to reflect about.

This worksheet helps you create a timetable for reflection. The first row is an example to help you get started.

Time to reflect	Number of times a week	What to reflect on	Learnings from this reflection