Current Reflective Practice

How often do I reflect?

* *daily?*
* *weekly?*
* *other?*

Where do I reflect best?

* *In a quiet or noisy space? In a private or public space? In a virtual space? Other?*

When do I prefer to reflect?

* *morning?*
* *afternoon?*
* *evening?*
* *at night?*

What am I doing when reflecting?

* *I am active (e.g., walking, exercising, knitting)? I am physically still? Other?*

Products of reflection

* *I keep a journal (physical or virtual), I have a creative outlet for my reflections (i.e. art, poetry), Other? None?*