Use this simple reflective template any time you want to examine your reaction to a situation. Only by observing and noticing our reactions, thoughts, and feelings, and reflecting on the meaning we ascribe to our them can we change our behaviour.

1. What

*An objective description of the events that occurred*

1. So what?

*What insights can I describe as a result of these events? What feelings did I feel then / now as a result of the events? What meaning can I derive from the way the events played out? What does this mean about me as a [leader / mentor / parent\*]*

1. What now?

*How do these insights inform what I will do going forward?*