



Self-reflection sounds like a great idea, but where might you start? Try thinking of *self-reflection* as having four parts or steps: *inquiry, observation, planning, and implementation*. Below is a framework and set of tips to support self-reflection...but it can be used as a guide for peers, supervisors, and coaches as well.

Inquiring:

- Choose a topic or an area of focus
- Write down a question that will guide your reflection
- Take a moment to pause and consider/discuss your values and beliefs

Observing:

- Be brave and videotape a part of your practice
- Observe for short periods of time
- Watch for specific teacher-based practices
- Connect what is observed to your practice

Planning:

- List or identify strengths
- Identify next steps or additional teaching practices
- Come up with a specific plan to carry out the next steps
- Understand the “why” or the conceptual underpinnings of the next steps
- Identify at least three outcomes

Implementing:

- Ease in by taking a few mindfulness moments, or “mimos,” throughout the day
- Take manageable steps to stay motivated
- Find others who can support you and be your champion
- Keep your focus on what is going well

To learn more about this framework for self-reflection, please visit my blog at <http://laurafishtherapy.com/blog/> or visit laurafishtherapy.com/consulting.html for training and coaching information.