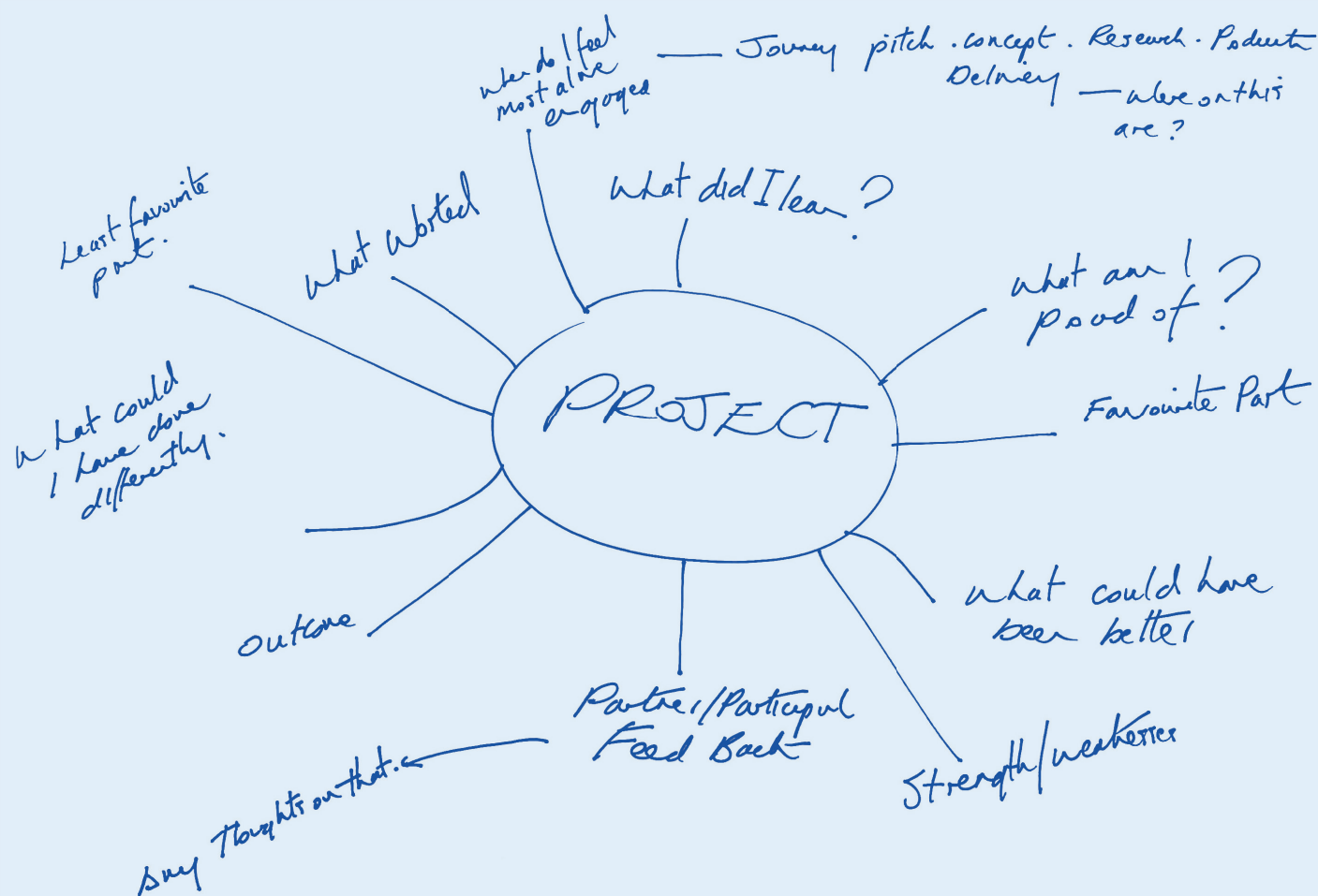
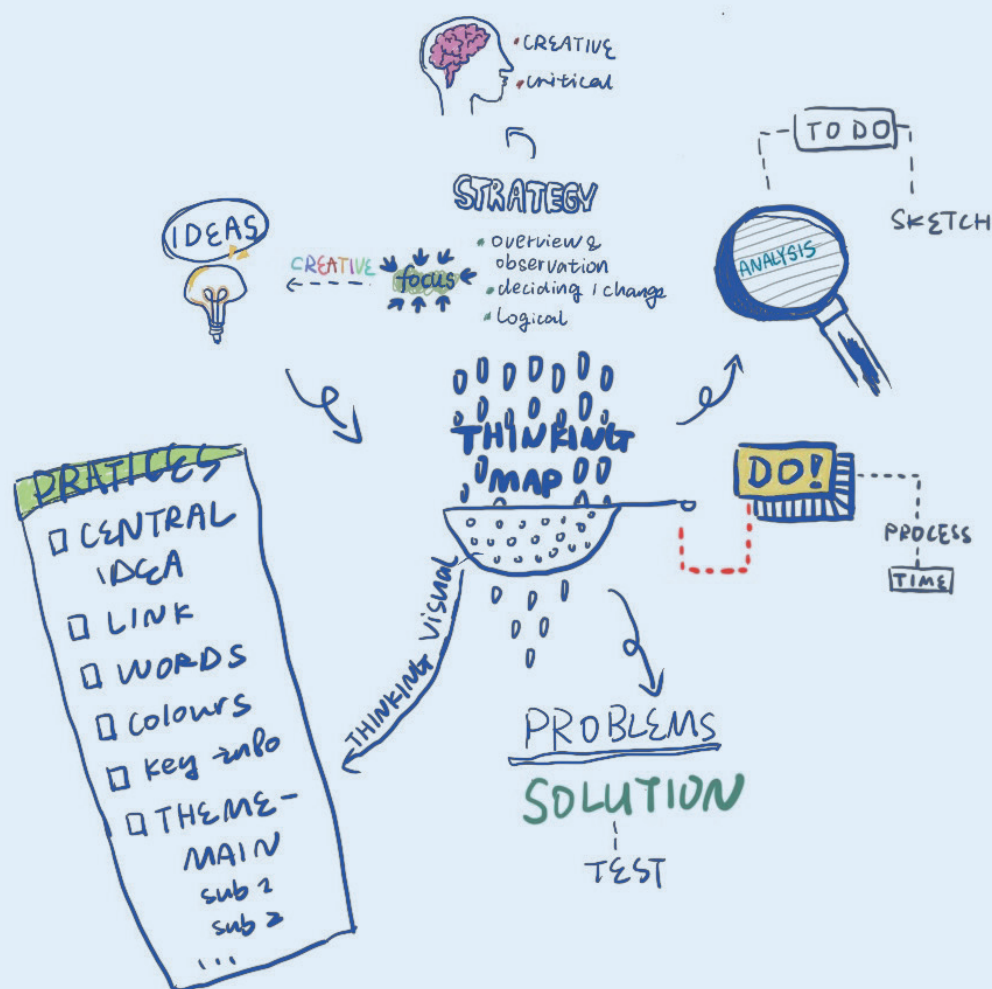
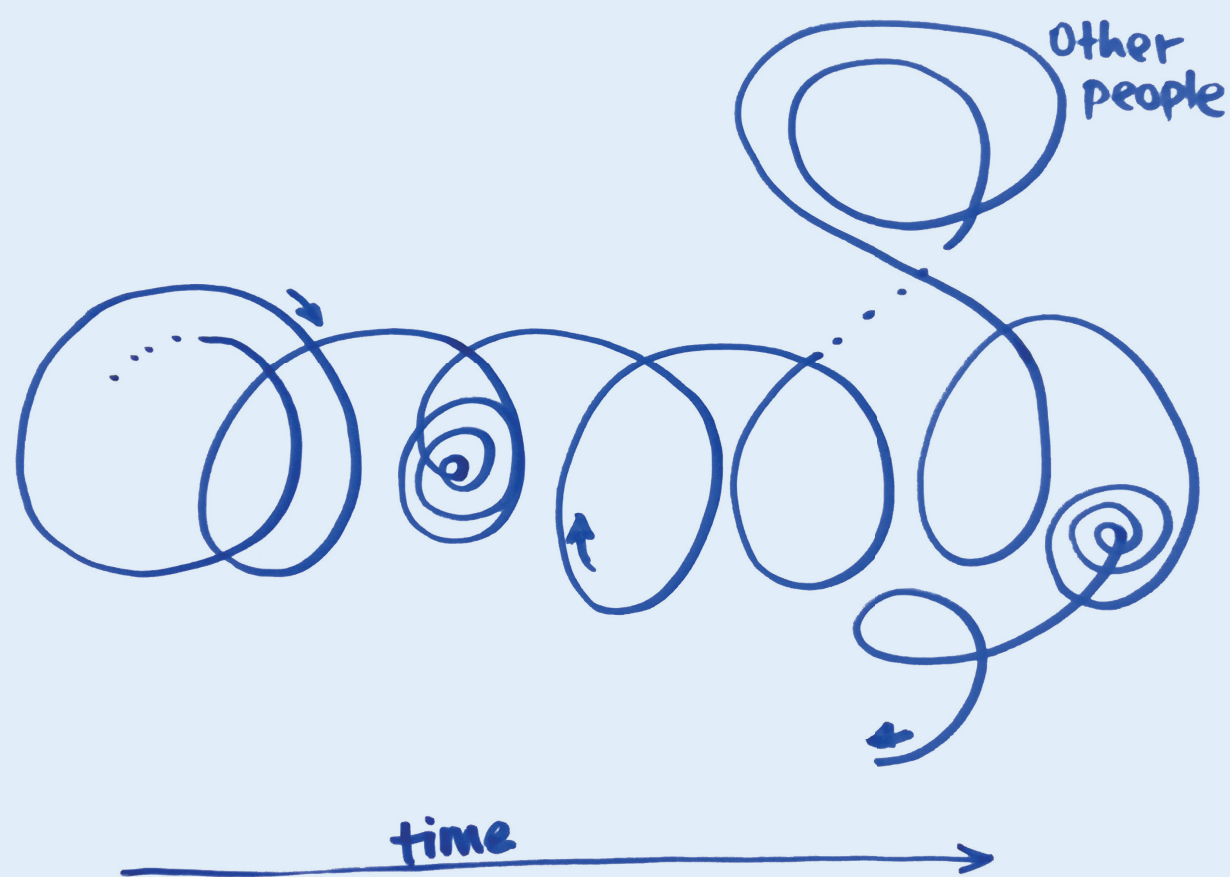


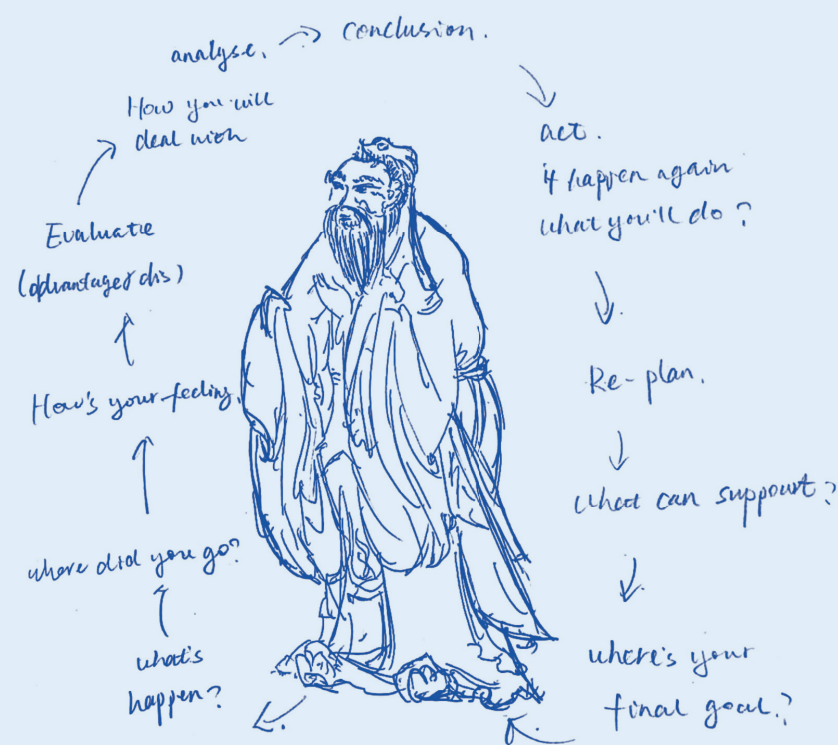
practising

reflection



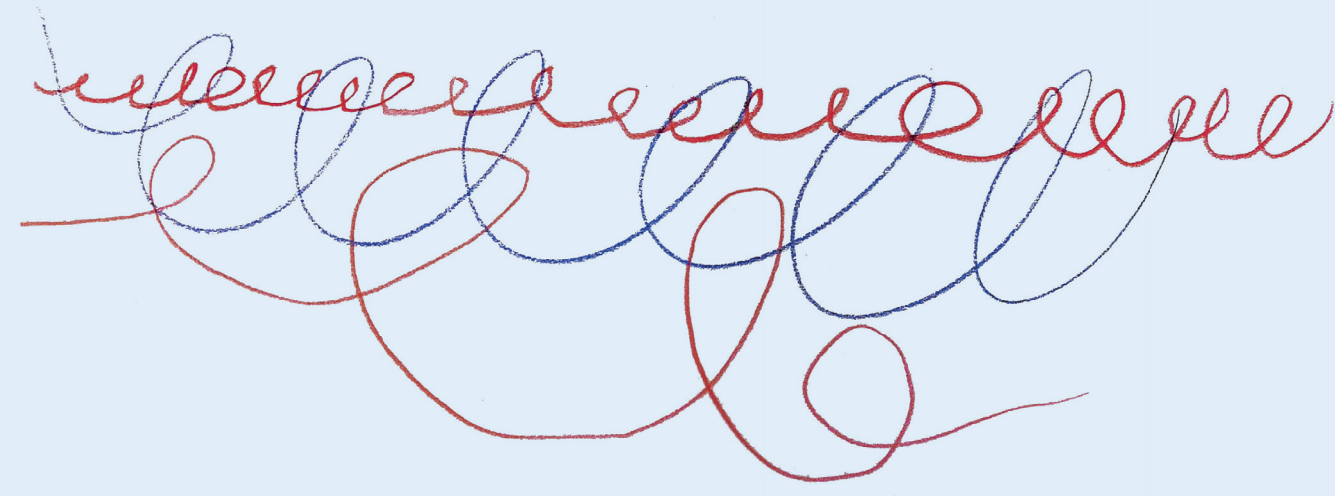
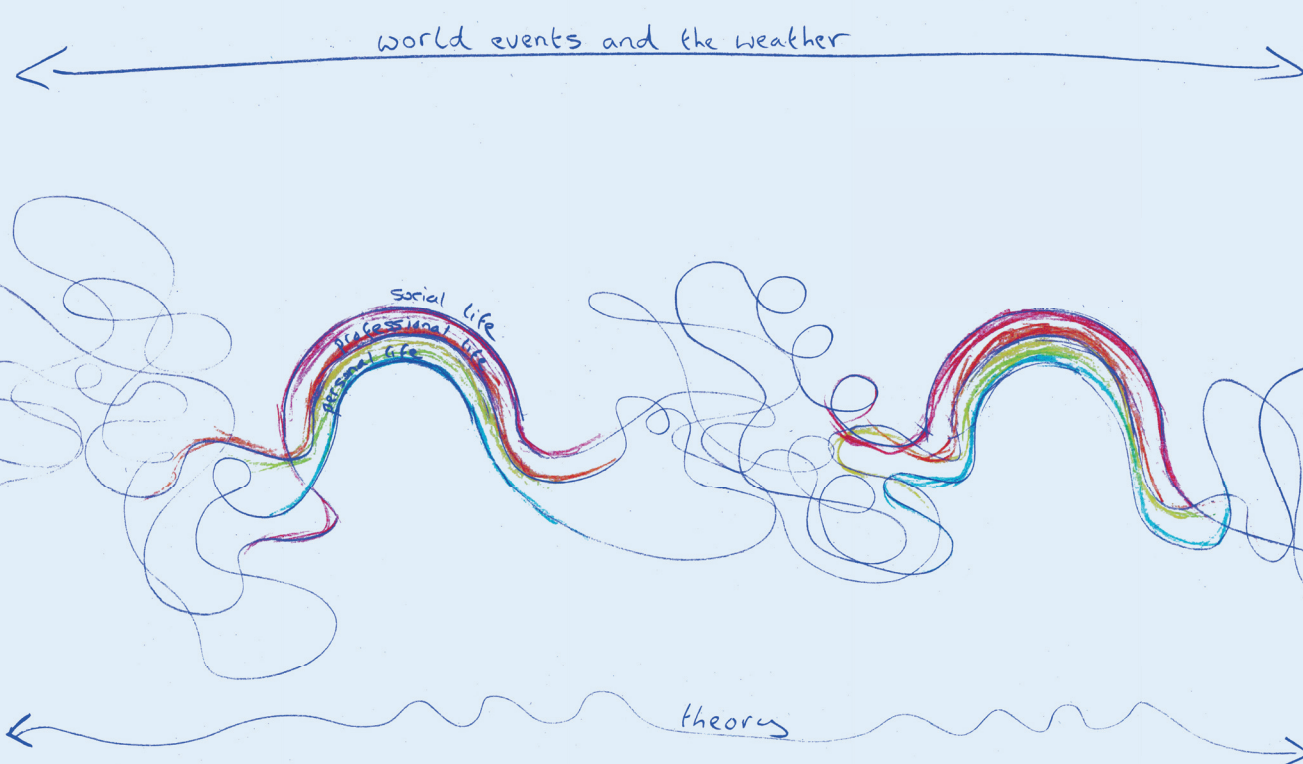
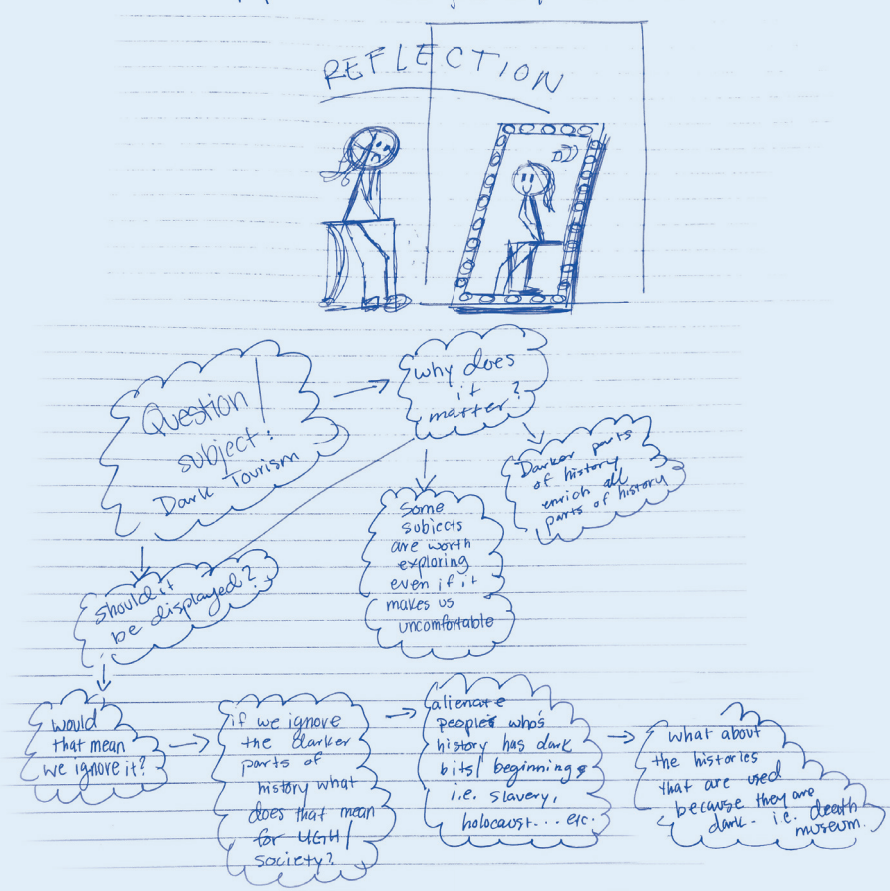
I daily examine myself on several points.

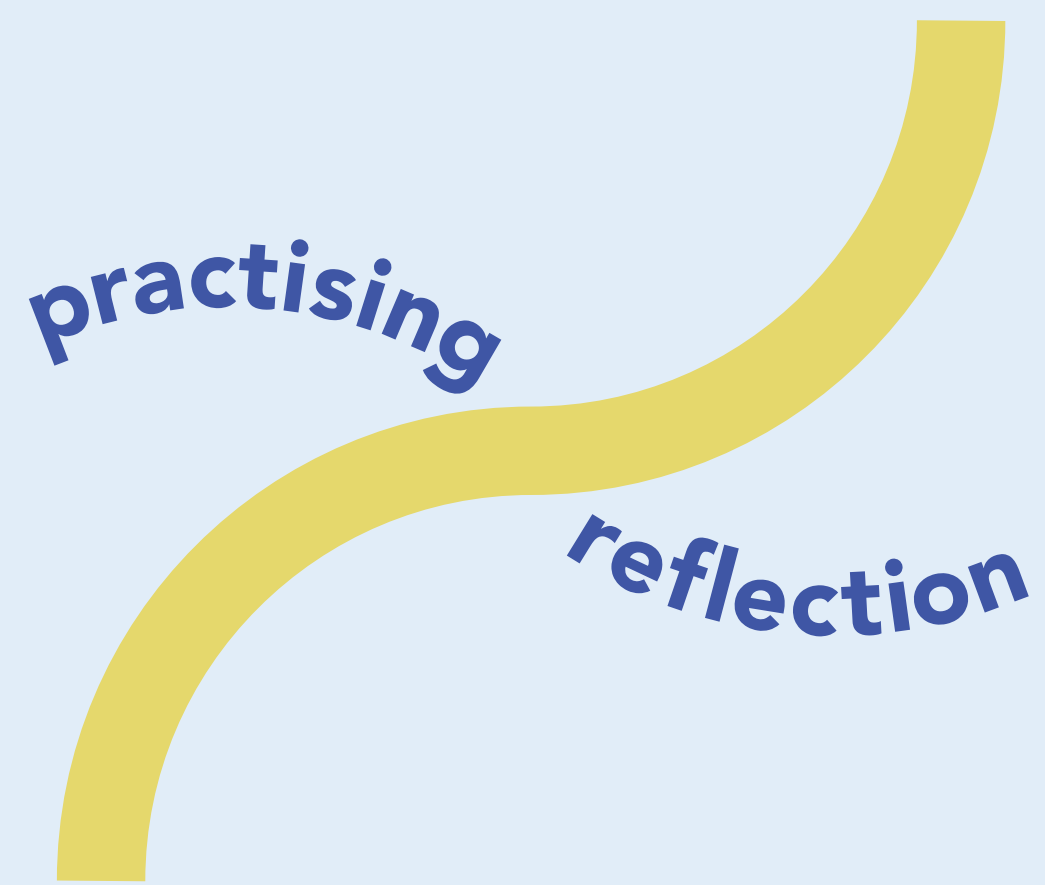
Body mapping.



Reflection

use people as a sounding board | talk out loud





Draw your own reflection path

This process might be useful at the beginning of a project. It can be used individually or working in groups to aid your understanding of how reflection will feature in your activity.

You might decide to put the poster on your wall (or the project team's pinboard) to remind you to make time for reflection in your everyday activities.

A large, empty rectangular area defined by a thick yellow border. This space is intended for a person to draw their own reflection path, as indicated by the heading 'Draw your own reflection path'.