**Reflection based on the ‘What happened, what did you do, what have you learnt, what next?’**

More detailed recording of reflection can help ensure you learn all the lessons from events, both positive and negative This is often recorded in reflective ‘logs’. Added detail can help you remember the incident but is not necessary to demonstrate reflective practice.Reflection should also be used to understand your strengths and consider positive events.

**What’s the issue you reflected on?** An incident/situation/feeling that gave you cause for reflection. What made you stop and think? There are many ways to reflect – how did you do it?

**What did you do?**

**What did you learn from this experience?**   
How did it change your thinking or practice? What have been the effects of your changes? Has it improved your practice and outcomes? What will you do differently in the future?

**What next?**

**What further learning needs did you identify? How will you address these?**

For filled in examples please click on the links below:

[*Example 1*](http://www.aomrc.org.uk/wp-content/uploads/2018/08/MCJ15414-ReflectivePractice-WhatHappened-Example1-v2.pdf)

[*Example 2*](http://www.aomrc.org.uk/wp-content/uploads/2018/08/MCJ15414-ReflectivePractice-WhatHappened-Example2-v2.pdf)

[*Example 3*](http://www.aomrc.org.uk/wp-content/uploads/2018/08/MCJ15414-ReflectivePractice-WhatHappened-Example3-v2.pdf)