

Encouraging self-reflection

Identify two things that you did or habits that you developed that helped you to learn.

Things that worked well	
1	
2	

How can you apply what worked before to your future learning experiences?

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Identify two things that could have been better in your learning experience.

Things that worked less well	
1	
2	

What were the barriers, ie the things that got in the way of you learning?

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How do you hold yourself back from learning?

Self-limiting behaviours	
1	
2	

Based on your earlier responses, what could you do differently to make your ability to learn better in the future?

Things that could work well in the future	
1	
2	