**Guided Reflection Worksheet**

Think about an instance—good or bad—that you’d like to consider.

Once you have something in mind, respond to the questions below.

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| **Stage** | **Questions (Gibbs 1988)** | **Response Notes** |
| **What happened?** | **Description**: What happened? Don't make judgments yet; simply describe. |  |
| **Feelings:** How did you feel during the event? How did you feel after? Again, just describe. |  |
| **What did it mean?** | **Evaluation:** What was good or bad about the experience? Now is the time to make value judgments. |  |
| **Analysis**: What sense can you make of the situation? What do you think was really going on? Bring in ideas and opinions from outside the experience to help you. |  |
| **What is the impact?** | **Personal conclusions:** What can you conclude from this analysis about the ways you as an individual work and think? |  |
| **General conclusions**: What other conclusions can you make about this type of interaction in general? |  |
| **What’s next?** | **Action plan:** What are you going to do the same or differently in this type of situation next time? What steps can you take now, based on what you’ve learned? |  |