**Reflective diary**

Use this to reflect on a shift at work. Think about what happened and why. Try to be as honest as you can to enable you to explore fully how you felt and what you have learnt.

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| Questions | Your comments |
| **1 What happened?**  e.g. What did I see?  What did I hear?  What did I think? |  |
| **2 How did I feel?**  e.g. How did I react?  How did this affect me? |  |
| **3 What are the key things to learn from this?**  e.g. What went well?  What problems arose and why? |  |
| **4 What could I have done differently?** |  |
| **5 What did I learn?** |  |
| **6 What actions do I need to take?**  e.g. Are there gaps in my knowledge? |  |
| **7 How can I use this knowledge in the future?**  e.g. If it happened again, what would I do? |  |