

Behaviour Reflection

Often, we rush through life without thinking about what has happened. Take time to read and think about all the questions below.

Then, pick one thing that you have done this week and answer the questions.

What happened?	<hr/> <hr/> <hr/>
What did I do?	<hr/> <hr/> <hr/>
What did other people do?	<hr/> <hr/> <hr/>
How did I feel?	<hr/> <hr/> <hr/>

Behaviour Reflection

<p>What could I have done differently?</p>	<hr/> <hr/> <hr/>
<p>What did I achieve?</p>	<hr/> <hr/> <hr/>
<p>What could have gone better?</p>	<hr/> <hr/> <hr/>
<p>What have I learnt?</p>	<hr/> <hr/> <hr/>

