

PLAN FOR A YEAR OF REFLECTIVE PRACTICE

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3 MONTHS

Discovery



6 MONTHS

Review



9 MONTHS

Build



1 YEAR

Celebrate



REFLEXIVE PRACTICE

- What are my values/standards against which I will measure my practice?
- How will I record my reflections on my practice?
- What accountability will support me to think about what I do?

- What am I proud of?
- What changes have I noticed?
- What have been my challenges?
- How accountable have I been to my intentions?
- What are my next steps?

- How can I deepen my reflection on the links between my personal and professional lives?
- What am I noticing about change/consolidation of my values?
- How am I living this out?

- How will I reflect on the past year?
- Who will I share my reflections with?
- How else will I celebrate?
- How will I plan next steps for the coming year?



PROFESSIONAL IDENTITY

- What will I do to better understand my professional self?
- Who will I talk with about what I discover?
- What accountability will I put in place to support this process? .

- What have I learned about my professional self?
- What are my professional strengths?
- How accountable have I been to my intentions?
- What are my next steps?

- Where do I see my SW self in 1/2/5 years?
- Who do I see as professional role models?
- Who can I connect with as a mentor?
- What are 3 steps I can take now?

- How am I different from 1 year ago?
- How am I modelling critically reflective SW for others?
- How accountable have I been to my intentions?
- Where do I want to go from here?



PRACTICE FRAMEWORK

- What will I read/watch/listen to to support my learning about critical theory and practice ?
- Who will I talk with about my learning about theory/practice?
- What accountability steps will I put in place ?

- What did I read/watch/listen to to bring new thinking into my practice?
- Who did I talk with about this?
- How accountable have I been to my intentions?
- What are my next steps?

- What 2 critical theories will I dig deeper into?
- What practice approaches fit with these theories?
- What steps will I take to intentionally practice in this way?

- What were my lightbulb learnings - theory and practice?
- How is my practice different from 1 year ago?
- What new theory have I embraced?
- How will I grow my knowledge?

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| <div> PRACTICE FRAMEWORK</div> | | | | |