

Questions to challenge yourself with: Reflecting **IN** action

When we dedicate ourselves to learning something new, improving a skill, developing our expertise, and/or accomplishing a goal, we intentionally orient our attention to follow the thought-progression of the Reflective Cycle. Follow the pattern from the top-right quadrant (1) clockwise to the top-left quadrant (4). In this iteration, use the questions to prompt your thinking prior to taking action or before trying/refining a strategy.

