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.

Quadrant 4: ADAPT & ADJUST

Finally, reflect on the process to identify lessons learned, mistakes to rectify, and/or other adaptations to make in order to better meet the stated goal next time.

- What changes will you be willing to make if things don't go as planned right away?
- How will you determine what to adapt?
- When will you reflect on how this lesson goes?
- How can you keep your mind open to all the possibilities?
- When will you follow up with this? Put it on your calendar!

Quadrant 1: BUILD AWARENESS

The first step is to become acutely and entirely clear about the goal or focus area. Here, we make the target unobfuscatably explicit.

- What is your problem-of-practice?
- What do you want to learn about, implement, or improve upon?
- What is the goal you'd like to accomplish?
- Why is this important to you?
- How serious are you about this pursuit?
- Where did this big idea originate?



Build Awareness

Assess Your Plan & Act Intentionally



Third, after taking action, make explicit the cause-and-effect relationship between actions (input) and anticipated results (output).

- What results will you be looking for as you implement your strategy?
- Can you envision what success will look like?
- How will others (students) respond when you do this spectacularly well?
- What metrics will you use to gauge your success?
- How will you focus on the connection between your actions and the outcomes?

Quadrant 2: PLAN & ACT INTENTIONALLY

Next, guide yourself in making decisions that are likely to yield success in the stated goal.

- What ideas or strategies would you like to incorporate and how do they connect with your goal?
- Where might you find additional ideas or guidance on how to implement them?
- How will you decide what strategy to tackle?
- What tools or resources will you need to bring this strategy to life?
- Who can help you with this?
- How long do you think this will take?