WORKPLACEHERO - FREE RESOURCE

Daily reflection

Five minutes at the end of the day. Print a week's worth and keep it on your desk.

What happened today that is worth remembering?

What went well, and what made the difference?

What would I do differently next time?

What did I learn, and who else should know it?

One thing I will do tomorrow because of this

Reflection counts as CPD when you record what changed in your practice. Copy the last two answers straight into your CPD log - the free WorkplaceHero log timestamps them so the record holds up later: workplacehero.co.uk/personal-cpd