

The Reflection Protocol

Component	Prompt
Initial Impressions	What were your initial thoughts/feelings about....? <i>(About an identified "look-for")</i>
Supporting Data	What evidence led you to that conclusion?
Contributing Factors	What might be contributing to that outcome?
Self-Learning	What insights are starting to emerge for you? What are you teaching yourself about the situation/others? What are you teaching yourself about you?
Next Action	So, what do you want now? What's the next step? What would it specifically look like?
Timeline/Support/ *Practice	When would you like to try this? What support do you need? *Practice the strategy if needed.
Commitment	Is there anything standing in the way? Is this something you can commit to?