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2

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3

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Why did it happen?



4

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5

Changing Your Practice

*What else could I have done?
How can I do better in the future?*

6

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What will happen if a similar situation arises?



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Koshy, K., Limb, C., Gundogan, B., Whitehurst, K., & Jafree, D. J.
(2017). Reflective practice in health care and how to reflect
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Nysut Self Reflection Guide

Gerardus Blokdyk



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Resources in Education ,1980 Resources in Education ,1980 State Education Journal Index and Educators' Guide to Periodicals Research Strategies ,2005 An index of state education journals **The Executive Educator** ,1993
Government Employee Relations Report ,1978 **New York School Boards** ,1995 Who's who in American Education ,1989 **Empire State Report** ,1987 *Discover Yourself* Jessica Blalock,2012-07 *Discover Yourself A Personal Development Workbook for YOUTH* ages 9 16 helps young people focus on discovering examining and developing themselves through self reflection and analysis This book is adapted from the workbook *Discover Yourself A Personal Development Workbook* This workbook includes 5 quick and easy steps to self discovery It gives youth the opportunity to write things about themselves regarding their spirituality how they manage their thoughts and emotions how they interact with others how they care for their physical body their aspirations in life At the end of the book they will have the opportunity to create 1 or 2 goals that they want to set for themselves When youth go through the self discovery process they will feel healthier mentally and physically and begin to remove blocks that prevent true happiness This process requires will determination and persistence By discovering self youth have the opportunity to improve behavior thinking and interactions with others by first making changes in SELF through SELF DISCOVERY **21 and Up GUIDE to SELF REDISCOVERY** Jason

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journey that holds immense significance in the realm of self help It enables individuals to unearth their true selves enhance self awareness and nurture personal growth and healing By comprehending our core identity we can make choices that align with our values and lead to fulfilling lives Whether one is a teenager or an adult embarking on the path of self discovery is a powerful step towards unlocking one s true self and living a life of empowerment

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