

SEAL Self-reflection Worksheet

SITUATION: What happened? What were the challenges you faced?

Describe the event, incident, activity, task or experience. Identify the challenges that you faced – learning comes from dealing with challenges or from experiencing new things.

EFFECT: What was its impact on you personally? How did it make you feel?

Explain the new experiences or challenges in the situation and what impact they had on you.

ACTION: What action did you take, or strategies did you employ to deal with the challenge/s?

Explain what strategies you employed in a situation you had not experienced before or what you did to deal with the challenges you faced. Evaluate *why* you did what you did to mitigate the effect of the new experience/challenges.

LEARNING: What did you learn from it and how might you do things differently in the future?

The most important part of the process is to reflect on what you learned from the experience. Try to identify what skill or personal quality you have developed or enhanced OR explain what you can now do as a result of dealing with a new experience or a challenging situation. How has the experience added to the ones you have already had in terms of your development?