Reflection Activities

3-Step Reflection

Step One: What? (Descriptive)
- Facts, Expectations, Goals
- Write down what happened, with whom, facts, numbers, etc.

Step Two: So What (Interpretive)
- Meaning of the experience, project, event
- Feelings
- Lessons Learned
- Insights gained.

Step Three: Now What? (Contextual)
- Apply lessons learned/insights gained
- Set future goals
- Make course corrections
- Create an action plan
- Take the most logical next step of action

Decision Analysis – Self-Reflection
- Write down a decision you had to make.
- Provide the context – what were the parameters of the decision? What were the factors that motivated or influenced your decision?
- List steps you took to reach a conclusion/make the decision.
- Analyze the outcome of your decision. What would you change? What did you do well?
- Record Lessons learned; new opportunities for growth
10 Reflective Thinking Activities

Each of the following ways of thinking gives you different insights on a project, goal, decision, or program. Try thinking your way through all 10, or if you have limited time, choose 4-5. Capture your thoughts.

**Big Picture** – Vision. What is/was your goal? Hope(d) to accomplish?

**Creative** – Beginner level – think outside the box, try an unconventional approach;
*Advanced level – (Requires tremendous effort) Push yourself to think of solutions that are totally untenable from the outset. Forced contemplation of the outrageous breaks down the natural ruts in your thinking. For example, how would ladybugs do it? How about the planet Jupiter? French horns? Finding the attributes of each outlandish approach helps you think about the program, project, problem or goal from all kinds of perspectives


**Strategic** – Results from asking the right questions. List the questions. Explore. Dream. Reflect.

**Possibility** – Options. Opportunities. Alternatives.

**Reflective** – Extract wisdom from the experience. Lessons Learned

**Popular** – How would you sell your idea to gain others trust and enthusiasm?

**Shared** – Allow others to improve your idea; ask for input

**Unselfish** – Others focused. Organization/Mission focused. What is best for others? For the university?

**Bottom Line** – Financial. Does it make fiscal/economic sense?

*Advanced Level is based on “Thinking Free” from the book, *Contrarian Leader* by Dr. Steve Sample*