

Reflective diary: Use this template to reflect upon what you have learnt and how that may affect your practice



Section: **Date**

What: This is the description and self-awareness level and all questions start with the word what .	
What have I learnt? What did I hope to learn? What surprised me?	
So What: This is the level of analysis and evaluation when we look deeper at what was behind the experience.	
So what is the importance of this learning? So what more do I need to know about this? So what have I learnt about this? So what was different to what I knew previously?	

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Now What: This is the level of synthesis. Here we build on the previous levels these questions to enable us to consider alternative courses of action and choose what we are going to do next.	
Now what can I do? Now what do I need to do? Now what might I do to improve or enhance the care I give to my patients? Now what might be the consequences of this action?	
Additional comments	

Remember you do not have to complete every section or indeed use this particular template for reflection – there are many others available, but this will help to structure your thoughts. Make sure you save the document safely so that you build a portfolio of evidence as you work through the resource.