

Mid-Year Reflection Series

Reflection can help us **manage stress**, **build self-awareness** and **develop** our critical thinking skills. Join us to develop reflection skills to **maximise** your career progression

Monday	Tuesday	Wednesday	Thursday	Friday
Day 1 Task \ Commit to reflection 30 seconds	Day 2 Task \ What is reflection? 1 min	Day 3 Watch ▶ <u>Build confidence</u> 4 mins	Day 4 Read 📖 <u>Model of reflection</u> 4 mins	Day 5 Task \ Weekly reflection 5 mins
Day 6 Task \ What is reflection II 2 mins 30	Day 7 Task \ Reflect on your work 5 mins	Day 8 Task \ Use a feedback model 5 mins	Day 9 Watch ▶ <u>Establish daily habits</u> 1 min	Day 10 Task \ Reflect on career advice 4 mins
Day 11 Task \ Reflect on achievements 5 mins	Day 12 Task \ Learn from mistakes 30 seconds	Day 13 Watch ▶ <u>Monotasker or multitasker?</u> 2 mins 30	Day 14 Read 📖 <u>Taking time out</u> 2 mins	Day 15 Final task \ Reflect and plan 5 mins