

The **SOIL** *of* **LEADERSHIP**

REFLECTIVE PRACTICE *Worksheet*

"I use the Pensieve. One simply siphons the excess thoughts from one's mind, pours them into the basin, and examines them at one's leisure. It becomes easier to spot patterns and links, you understand, when they are in this form." –Albus Dumbledore

Reflective Practice is a methodology that provides the time and space to identify and surface the assumptions and patterns that underlie our thoughts, feelings, and actions. By slowing down our meaning-making processes, reflective practice creates a relational structure for self-inquiry that helps to better understand the roots of our experiences and the soil in which they are planted. This ultimately helps us to be more consciously responsive rather than unconsciously reactive in our work and in our lives.

The Event

Think of a **SPECIFIC EVENT** when your expectations were met with a very different experience. This event may be a time when you experienced surprise, discomfort, or uncertainty, but it does not have to be a 'negative' experience. Describe this event with as much detail as possible and try to avoid judgment or analysis.

- What did you do?
- What did others do?

Your Feelings and Assumptions

- How did you feel at the time of the event?
- Why might you have felt this way?

Other's Feelings and Assumptions

- How do you think that others felt at the time of the event?
- Why do you think they behaved/acted in the way that they did?

Power and Influence

- What are some of the factors (people, agendas, cultural norms, etc) that may have influenced/shaped this event?
- What are some of the factors (people, agendas, cultural norms, etc) that may have influenced/shaped this event that you have not yet considered?

Impact and Intent

- How did this experience impact you?
- How did this experience impact others?
- How did this impact align with your original intent going into the experience?

Other Perspectives

- What are some other ways of understanding what happened?
- Are there deeper elements to what happened that you have not previously considered?
- Stretch yourself to consider as many alternatives as you can.

Your Discovery

- What did you discover from this process?
- What do you now know that you didn't know before?