

EXPERIENCE

FOCUS	1. Knowledge	2. Activity	3. Beliefs
Affirmation: What knowledge, practice or beliefs have been reinforced? Where is the evidence that gives me confidence? How can I share this practice?			
Question: What questions have been generated? Which should be prioritized?			
Change: What changes have I made? What is the impact?			
Research: What information do I need to move forward? Why do I need this? How might I get this?			
Challenge: What forces constrain my knowledge, practice or beliefs? Which of these can I change? Which might I alert others to? Which must I accept?			
Meta-reflection: How do I learn at my best? What role do colleagues play in my learning? How can I ensure that I keep learning? What learning routines should I maintain or change?			