What? So what? Now what?

Annex 26 · Module 9: Reflective Thinking

Work in pairs and start from a recent experience of your own. Be specific, not general. You keep this sheet.

1. What? Write 3 to 5 sentences describing what happened.

2. So what? Why does this event matter? What did you think or feel?

3. What did it show you about yourself or others?

4. Now what? One change or improvement you could try next time.

5. One positive habit you want to keep.

Name: _____ Date: _____

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