

Guided Reflective Practice Checklist

Reflective practice is the process by which professionals become aware of their implicit knowledge base and learn from their experience.

“How you are is as important as what you do.” – Jeree Pawl

Why enhance your reflective capacity?

- Enhance relational quality
- Increase intentionality in decision making
- Promote psychological safety in teams
- Build professional resilience to buffer against burnout and compassion fatigue
- Align with principles of cultural humility to maintain curiosity and enhance empathy

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Before You Start

- Set aside intentional time for reflection each day
- Practice calm, consistent breathing
- Determine a transition activity (ex. drink of water, mindful minute, get up and stretch)
- Remove distractions (Close up/contain other tasks, priorities, etc.- write a note, save work, close windows on the computer screen)
- Get comfortable and relax your body

Why is mindful breathing important?

- Breathing is an important grounding technique to help center yourself when both positive and negative feelings arise.
- Deep, belly breathing can help restore calm when feeling stressed.
- Mindful breathing has proven health benefits and can often increase serotonin.



ZERO TO THREE
Early connections last a lifetime

Guided Reflection Exercise

**What are my intentions as I walk into this interaction?
What are my hopes? What are my worries? What can I bring into the space to support this relationship/interaction?**

- Maintain mindful breathing
- Reflect on both big and small interactions
- Be curious; resist the urge to jump to conclusions
- Notice what is coming up for yourself emotionally, physically and cognitively

I am aware of how I am feeling. I am aware of what I am thinking and what my body is doing in the moment.

- Keep breathing
- What did I learn?
- What feelings were coming up?
- What went well? What didn't go as well?
- How am I pulled to react in comparison to how would I like to respond?
- Is there action that is needed?



Reactive vs. Reflective

Reactive Process

- Immediate
- No planning
- Reacting based on our own feelings
- Limited consideration of other's feelings, perspectives and history
- Culture of "putting out fires"

Reflective Process

- More time to consider nuance
- Intentional
- Self-awareness
- Increased openness to other's feelings, perspectives and history
- Culture of identifying and addressing the underlying cause of "fires"

Remember, reflective practice requires... **PRACTICE**.

Find more resources at:

zerotothree.org/reflectivepractice



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