

# Guided Reflective Practice Checklist

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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](https://zerotothree.org/reflectivepractice)



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