

## Mentoring reflective log

Reflective practice involves the thoughtful consideration of an experience, situation, or topic, both positive and negative, which results in an outcome of a changed perspective (Spalding 2004). One of the most useful resources mentoring pairs can call upon is a reflective log -- a record of your learning experiences, thoughts, feelings and reflections. It can be reviewed from time to time to assess how much progress has been made.

Name	
<b>Personal Fulfilment: What has really frustrated you/pleased you lately? What has encouraged you or discouraged you?</b>	
<b>Completion: What tasks/actions have you completed lately? What did you leave incomplete? What did you avoid doing?</b>	
<b>Insight: What things do you see differently now? What have you learned about your self?</b>	

Resourcefulness: **What skills and knowledge have you gained or learned?  
Who did you add to your networks?**

Behaviour: **Have you consciously changed the way you behave in some way lately?**

Goal Fulfilment: **What have you done that will take you towards your longer term goals?**

Decisions: **What significant decisions have you made lately? How do you feel about them?**

Challenge: **Who or what have you challenged lately?**

Next Steps: **What do you need to do now? What do you need to learn next?**