

(7) Personal development journal: Example 2

| <b>Personal development journal (Gibbs)</b><br><i>Gibbs' (1988) reflective cycle is an effective tool to reflect after the event on 'critical' incidents or events that have had a profound negative or positive impact on you.</i> |                                                                                                                                                                                                                                                            |  |
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| <b>Description:</b>                                                                                                                                                                                                                 | What happened? Don't make judgements yet or try to draw conclusions; simply describe.                                                                                                                                                                      |  |
| <b>Feelings:</b>                                                                                                                                                                                                                    | What were your reactions and feelings? Again, don't move on to analysing these yet.                                                                                                                                                                        |  |
| <b>Evaluation:</b>                                                                                                                                                                                                                  | What pleased, interested or was important to you? What made you unhappy? What difficulties were there? Who/what was unhelpful? Why? What needs improvement?                                                                                                |  |
| <b>Analysis:</b>                                                                                                                                                                                                                    | What sense can you make of the situation? Think about what actually happened. What similarities or differences are there between this experience and other experiences? What choices did you make and what effect did they have?                           |  |
| <b>Conclusions: General</b>                                                                                                                                                                                                         | What can be concluded, in a general sense, from these experiences and the analyses you have undertaken? How could this have been a more positive experience for everyone involved?                                                                         |  |
| <b>Conclusions: Specific</b>                                                                                                                                                                                                        | What can be concluded about your own specific, unique, personal situation or way of working? What have you learnt for the future? What else could you have done? What skills do you need to develop, so that you can handle this type of situation better? |  |
| <b>Personal action plans:</b>                                                                                                                                                                                                       | What are you going to do differently in this type of situation next time? What steps are you going to take based on what you have learned?                                                                                                                 |  |