

Self-reflection tool

(Example of approaches to learning tool for self-management and/or thinking skills)

Name: 	
I wonder... 	
I need to go deeper into... 	
I fully understood... 	
My next step will be... 	
Rate your level of comfort at this point from 1 to 7: 1: <i>"No, thank you. I don't want to be ..."</i> 7: <i>"I feel fully prepared to become..."</i>	

There are many possible reflection tools: Plus, Minus, Interesting (PMI), I used to think and now I think, traffic lights, head–heart bin bag. Ask the participants to brainstorm more that they know.