

**Schön’s Reflective Practice – 7-Day Challenge**

This one-week challenge helps you practice both reflection-in-action (during the moment) and reflection-on-action (afterwards). Each day has a small task designed to build your reflective skills step by step.

* **Day 1 (5 min):** Capture one moment of reflection-in-action you noticed today.
* **Day 2 (8 min):** Do a quick post-mortem on a small decision. What surprised you?
* **Day 3 (10 min):** Ask a peer for one piece of feedback to include in your reflection.
* **Day 4 (5 min):** Spot your ‘go-to’ assumption. Write how you’ll test it tomorrow.
* **Day 5 (8 min):** Compare Schön vs Gibbs on a real incident and what changes?
* **Day 6 (10 min):** Do a meta-reflection: how has your reflecting changed this week?
* **Day 7 (10 min):** Create a one-line rule of thumb you’ll try next week.

*Tip: Use the downloadable worksheet to log your reflections each day. At the end of the week, review your notes and look for recurring themes.*