

Schön’s Reflective Practice: Worksheet & Template

This worksheet is designed to help you apply Schön’s Reflective Practice to real-world professional contexts. Use it to capture both Reflection-in-Action and Reflection-on-Action insights, individually or with your team.

# Part A – Reflection-in-Action (During the Event)

Use these prompts while in the moment:

• What is happening right now?

• What thoughts or assumptions am I making?

• What immediate adjustments could I try?

• How am I noticing feedback from others?

# Part B – Reflection-on-Action (After the Event)

Use these prompts after the activity:

• What happened?

• What led to the outcome (tacit knowledge, assumptions, choices)?

• What surprised or challenged me?

• What would I do differently next time?

• What theories, frameworks, or models could help me understand this better?

# Structured Reflection Template

Use the following structure to capture your reflection:

Situation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What I did (knowing-in-action + reflection-in-action): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What happened / outcomes: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Reflection (on action): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Lessons / future actions: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# Suggested Reflection Routine

Daily micro-reflection (5 minutes):  
- What I did  
- What I adjusted  
- What I learned

Weekly reflection: Write a short journal entry and/or share with a peer or team.

Monthly review: Look for recurring patterns, assumptions, or deeper lessons.

# Critical Reflection Questions

• Am I staying descriptive, or am I digging into assumptions and ethics?

• Whose voices are missing in my reflection?

• Am I reflecting only on what I did, or also how I thought and what I believed?

• Is my reflection influenced by culture or bias?

• Do I have the time and space to reflect properly?