

Positive Self-reflection Proof Template

Write a short summary about an event/situation/observation which you found intriguing, or engaging, or enlightening, or curious, etc. that relates to physical therapy.

Do NOT provide any features that may identify a person.

Focus on the positive in order to avoid the potential use of the reflection against you in the event of a lawsuit.

Features you may include in your reflection:

- How did this contribute to further your knowledge of health care delivery/clinical practice/clinical reasoning, or, how did it validate previous knowledge?
- What further questions, or areas of further learning did this stimulate?
- Did you learn anything new about yourself or your practice?
- Has this stimulated you to look at how you engage in health care delivery/clinical practice/clinical reasoning differently, and, if so, how?
- Have you considered other viewpoints in this situation?
- Reflect on how this may impact your future practice?