**Reflective journal**

**1. What did I enjoy about what I saw/heard/read today?**

**2. What was the best, or most interesting thing I saw/heard/read today? Why? How does it relate to my work in my own setting?**

**3. What was not so good in what I saw/heard/read today? Why? What does that tell me about what I need to do or not do in my own work setting?**

**4. What would I like to learn more about, or understand better?**