SEAL SELF-REFLECTIVE PROCESS: Worksheet

**SITUATION:** What was the new experience or challenge you faced and what happened to you?

(Describe the event, incident, activity, task or experience)

**EFFECT:** What impact did it have on you and what were the consequences of this impact?

(Explain the new experiences or challenges in the situation and how they affected you and why.)
**ACTION:** What action did you take to deal with the new situation and any challenges, and why did you do this?

(Explain what strategies you employed in a situation you had not experienced before or what you did to deal with the challenges you faced. Evaluate why you did what you did to mitigate the effect of the new experience/challenges.)

**LEARNING:** What did you learn from this experience and how will you apply this in the future?

(The most important part of the process is to reflect on what you learned from the experience. Try to explain what you can now do as a result of dealing with a new experience or a challenging situation. How has the experience added to the ones you have already had in terms of your development? How will you use the experience to guide future behaviour?)