Self Reflection Loop (Adapted from Gibbs Reflective Cycle)

What was the event?

Step 1. Describe

How did you feel – before, during and after?

Step 2. Feelings

Step 3. Evaluation

What worked well?

What didn't work well?

Step 4. Conclusion

What did you learn?

What are some potential solutions for next time?

Step 5. Action Plan

What will you do in preparation for next time?

Athlete

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