

| EXPERIENCE | | | |
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| FOCUS | 1. Knowledge | 2. Activity | 3. Beliefs |
| Affirmation: What knowledge, practice or beliefs have been reinforced? Where is the evidence that gives me confidence? How can I share this practice? | | | |
| Question: What questions have been generated? Which should be prioritized? | | | |
| Change: What changes have I made? What is the impact? | | | |
| Research: What information do I need to move forward? Why do I need this? How might I get this? | | | |
| Challenge: What forces constrain my knowledge, practice or beliefs? Which of these can I change? Which might I alert others to? Which must I accept? | | | |
| Meta-reflection: How do I learn at my best? What role do colleagues play in my learning? How can I ensure that I keep learning? What learning routines should I maintain or change? | | | |