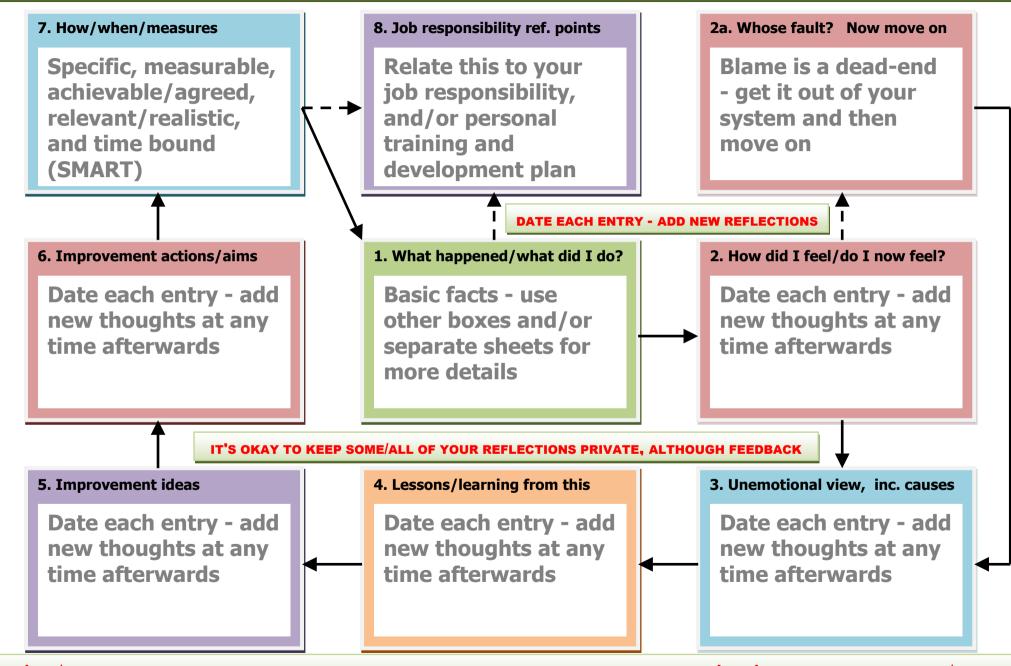


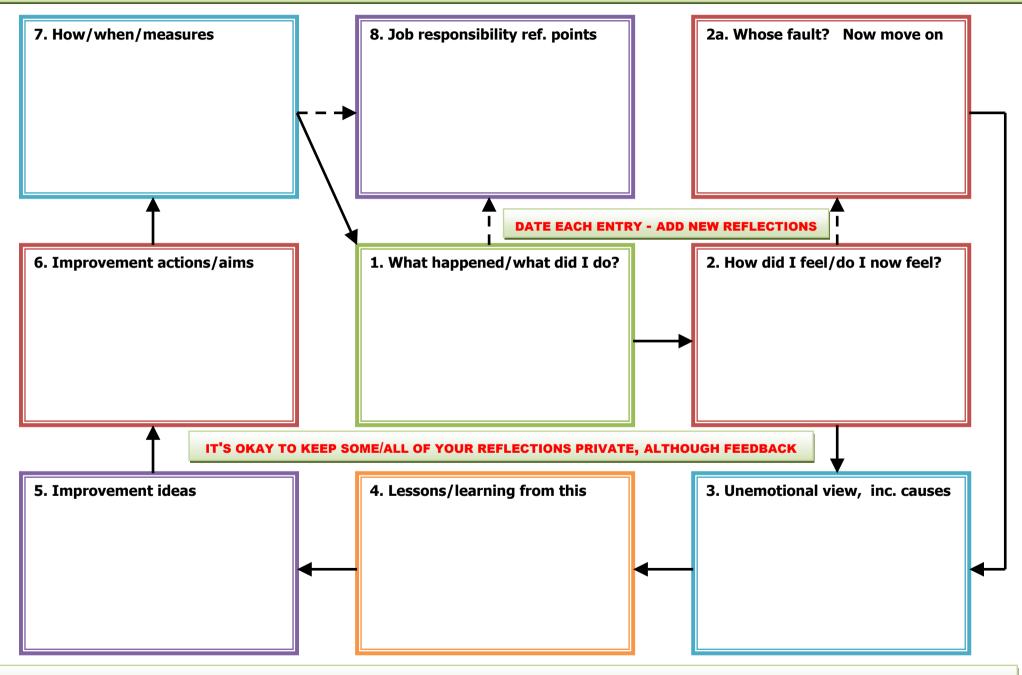
Reflective diary/journal 'root' template Use blank root template if you wish - See process/notes sheet. Ref: _



ROOT' AND/OR QUICK NOTES TEMPLATE - WHERE NECESSARY USE SUPPLEMENTARY SHEETS AND REFER BACK TO THIS 'ROOT' TEMPLATE – KEEP IN A BINDER/FOLDEF

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Reflective diary/journal blank root - Use supplementary sheets as necessary - See process/notes sheet. Ref: _____



'ROOT' AND/OR QUICK NOTES TEMPLATE - WHERE NECESSARY USE SUPPLEMENTARY SHEETS AND REFER BACK TO THIS 'ROOT' TEMPLATE - KEEP IN A BINDER/FOLDER

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Reflection stage	Reflection stage
Date of entry:	Date of entry:
·	
 each stage is optional - seek feedback where helpful write only what you want, and when you want date each entry - add new thoughts later whenever use the 'root' template for each issue/event start a new 'root' sheet whenever a loop goes full-circle use new supplementary sheets as necessary 	 refer each supplementary sheet back to its 'root' sheet root documents can also be used to manage progress, feedback, etc One can use different coloured text, eg: red: priority, green: positive, etc. use a folder or ring-binder for all sheets if appropriate agree with your boss about private and open aspects try to focus on things you can change, and accept those that you cannot

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