



Time for Reflection Discussion Notes

What do we mean by reflecting forwards?

- Reflecting on what's to come and what I want for the future
- Future action and goals
- Notion of short-term/medium-term and long-term
- Using past reflections to inform the future
- Think where I'll be in x years and what?
- Taking your experiences and lessons forward
- Reflecting on what's coming/how the environment is changing etc.
- Re-assessing current position

How can reflecting forwards benefit is?

- To give an achievable goal
- Positively guiding decisions
- Way to move on/move forward (not stuck)
- Growth mindset
- Being conscious/intentional
- Re-energise
- Articulating tangibles
- Accountability – giving and taking
- Gather insight to assess options

How can we reflect forwards in practice?

- Set goals – short/medium/long-term
- Gratitude diary – learning daily
- Needs creed – personal and others



- I am the queen – most important piece
- Regular reviews – personal/work
- Shared accountability
- Taking time to ponder/take stock
- Small steps every day
- Info gathering
- Discuss with others and share/exchange
- Looking at your drivers

How can we ensure we get the most out of this?

- Reflect often – a habit
- Set short/medium/long – small steps and habits
- Think simple
- Accountability
- Doing it consciously/mindfully
- Carve out time – Permission
- Enjoy the process

Key actions & Takeaways

- Find some time to reflect and take it
- Project a year from now and work backwards
- Do 2022 forecast – include accountability
- Be mindful on process
- Gratitude diary and other confident learning
- Revisit letters written earlier
- List what I don't want/not to do list
- Public accountability